






Physical Education, Sport and Wellbeing - Websites

Youth Sport Trust	<p>Youth Sport Trust have created some easy to follow activity cards with fun challenges and PE activities for children at home. The aim is to help parents/carers bring the ideas to life within their home environments (inside and outside) – and can be adapted to suit a range of ages and abilities.</p> <p>https://www.youthsporttrust.org/free-home-learning-resources-0</p>
Topsportsability Inclusive PE & Sport	<p>Fantastic online resource of Inclusive PE & Sporting activities and ideas for young people with Special Educational Needs & disabilities. Free at https://www.topsportsability.co.uk/</p> <p>Sign up using the Inclusion Lead Code: YSTINCLUSION25</p>
FA Girls Football in Schools	<p>A fantastic website to access resources, ideas, useful information and links to help you grow girls' football.</p> <p>https://www.girlsfootballinschools.org/</p>
Real Play by Create Development	<p>Create Development's real play at home supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges, of fun and activity for every family! Email jasmine@createdevelopment.co.uk for further information.</p> <p>https://vimeo.com/398010428</p>
	<p>Age range: EYFS, KS1 and KS2</p> <p>Joe Wicks will be conducting daily PE lessons for children of primary age at 9am each day during the school closure. Visit his YouTube channel:</p> <p>https://www.youtube.com/watch?v=K6r99N3kXME</p>
	<p>Age range: KS1 & KS2</p> <p>Premier League Primary Stars have created activities covering English, Maths, PE, Health and Wellbeing.</p> <p>https://plprimarystars.com/news/home-learning-activities-school-closures</p>
	<p>Age range: EYFS, KS1 and KS2</p> <p>Yoga, mindfulness and relaxation videos.</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>
	<p>Age range: KS1 and KS2</p> <p>Just Dance is a YouTube channel featuring guided dancing sessions to popular songs.</p> <p>https://www.youtube.com/watch?v=RefJ2QOsVLo</p>
	<p>Age range: EYFS, KS1 and KS2</p> <p>Movement mindfulness and relaxation videos</p> <p>https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/</p>
Chance to Shine Cricket	<p>Chance to Shine provides cricket and class room based activities for teachers and parents/carers. These are free on the Resource portal:</p>

	https://teachers.chancetoshine.org/s/login/?ec=302&startURL=%2Fs%2F
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