



Secondary School Active at Home Resources

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Resource	Description	Link
Gymnastics with Max	For gymnasts who are missing their gymnastics training, Max Whitlock MBE is doing a live session for you to join in with.	https://twitter.com/maxwhitlock1
Dame Jessica Ennis-Hill	Live 'Jennis' workout with Dame Jessica Ennis-Hill on her Instagram page - no fancy equipment needed, just a mat or towel and a chair or bench.	https://instagram.com/weareiennis/
Youth Sport Trust	Free active at home resources from P.E. home learning to fun challenges, from the national children's charity.	https://www.youthsporttrust.org/free-home-learning-resources-0
Marina Dance	Free dance tutorials for all ages and abilities.	https://vimeo.com/marinastudios
Freedom Leisure	Work out at home with Freedom - register at https://www.mywellness.com/trainathomewithfreedom to get 16 weeks of free exercise workout content. Create your mywellness programme 'Train at home with Freedom' and then download the app and sign in with your registered details.	Google Play Store (Android) https://bit.ly/2QESgEZ Apple App Store https://apple.co/2J8QdET
Wave Leisure	1. Activity sheets for young people and families https://www.waveleisure.co.uk/get-set-club/get-set-club-home-challenge/	Check for updates at www.waveleisure.co.uk and on Twitter @TheWaveLeisure



	<p>2. Train and maintain blog and tips around habit forming https://www.waveleisure.co.uk/train-and-maintain/</p> <p>3. Live workouts and fitness challenges available for members of Wave leisure only https://www.waveleisure.co.uk/news-pr/join-our-online-fitness-group-live-life-with-wave/</p>	
Everyone Active	They are running monthly challenges that you can do at home, starting with the Step It Up At Home challenge - how many steps can you do in the home and garden?	<p>https://www.everyoneactive.com/content-hub/home-workouts/</p> <p>Facebook page: https://facebook.com/everyoneactive.</p>
Places Leisure	Lots of free workouts are available on the Places Locker app	https://www.placesleisure.org/blogs/home-workouts/
Les Mills on Demand	Temporary site created to allow people to access 100+ workouts during the COVID-19 disruptions.	https://watch.lesmillsondemand.com/at-home-workouts
The Body Coach	At home high-intensity workouts with videos aimed at all age groups.	https://www.youtube.com/user/thebodycoach1/videos
Oti Mabuse dance classes	The Strictly star offers free live online dance classes three times a day on Facebook, YouTube and Instagram. The videos are all saved to her YouTube channel so you can enjoy them at your leisure.	https://www.youtube.com/channel/UC58aowNEXHHnflR_5YtP4g



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