



## Primary School Active at Home Resources

Active Sussex do not endorse any company, individual or resource and stress that schools follow usual vetting procedures to ensure high quality delivery.

The NSPCC has created some useful [safeguarding guidance for schools who have introduced remote teaching](#) to keep in touch with students at home.

Public Health England's Every Mind Matters service has launched new resources focussing on looking after people's mental wellbeing during coronavirus outbreak including [how to look after children and young people](#).

Last updated 22.06.2020

| Resource                                | Description                                                                                                                                                                                                                                                                                                                                                     | Link                                                                                                                                                         |
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| <b>PE/ACTIVE LESSONS</b>                |                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                              |
| Yorkshire Sport Foundation<br>#ThisIsPE | Yorkshire Sport Foundation are working with the Active Partnership national team, BBC, DfE, association for PE (afPE) and Youth Sport Trust (YST) to support parents to teach PE at home. They have brought together experts in physical education to provide parents with games and activities to entertain the kids at home, all linked to the PE curriculum. | <a href="http://www.yorkshiresport.org/get-active/thisispe/">www.yorkshiresport.org/get-active/thisispe/</a>                                                 |
| Complete PE & Youth Sport Trust         | Free home learning resources to challenge & develop physical, cognitive, social & emotional learning. Includes PE home learning, active breaks & 60 second challenges.                                                                                                                                                                                          | <a href="http://www.youthsporttrust.org/free-home-learning-resources-0">www.youthsporttrust.org/free-home-learning-resources-0</a>                           |
| Premier League Primary Stars            | A wide collection of free, curriculum-linked activities to educate and entertain children at home. You can find lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.                                                                                                    | <a href="http://plprimarystars.com/home-learning">plprimarystars.com/home-learning</a>                                                                       |
| Amaven                                  | Amaven's Young Champions programme provides children with sessions that develop fitness, motor control & sport skills at home.                                                                                                                                                                                                                                  | <a href="http://www.amaven.co.uk/young-champions">www.amaven.co.uk/young-champions</a>                                                                       |
| Real PE                                 | Real PE is a unique, child centred approach to teach PE to include, challenge and support EVERY child. Real PE at home has been made available to ALL schools so they can access 100s of activities, challenges & games. Video: <a href="https://vimeo.com/398010428">https://vimeo.com/398010428</a>                                                           | Email: <a href="mailto:jasmine@createdevelopment.co.uk">jasmine@createdevelopment.co.uk</a> to sign up                                                       |
| Teach Active                            | Teach Active have announced a free homework resource is available to all subscribed schools. Allowing parents/carers to support children learning from home with access to 250+ resources covering all aspects of the curriculum.                                                                                                                               | <a href="http://www.teachactive.org/2020/03/teach-active-homework-free-for-parents/">www.teachactive.org/2020/03/teach-active-homework-free-for-parents/</a> |
| Imoves                                  | Free access to the imovement platform at home. Pupils can stay active & healthy even if they can't go to school. The platform offers fun, active learning resources that change daily & much more!                                                                                                                                                              | <a href="http://imoves.com/imovement-signup">imoves.com/imovement-signup</a>                                                                                 |

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| Succeedin PE               | Succeedin PE & the PE Suite are collating a host of resources to provide an easy way to give families PE, physical activity games & sports ideas. This link will be managed & updated by the Succeedin PE team.                                                                                                                                                                                                   | <a href="https://online.succeedin.co.uk/public/index/638">online.succeedin.co.uk/public/index/638</a>                                             |
| Burn 2 Learn               | Resources & activities to be released on Burn 2 Learn YouTube channel & Facebook page, to help get parents & children moving & learning at home.<br>Facebook: <a href="https://m.facebook.com/pages/category/Education/B2LTraining/posts/?locale2=en_GB">m.facebook.com/pages/category/Education/B2LTraining/posts/?locale2=en_GB</a>                                                                             | YouTube : <a href="https://m.youtube.com/channel/UCRgvGtLi59eHtOL7YYuTv5w">m.youtube.com/channel/UCRgvGtLi59eHtOL7YYuTv5w</a>                     |
| The PE Umbrella            | The successful primary PE podcast have kindly shared a useful resource booklet called "Little Movers" with a variety of fun, engaging activities for parents & children to do together.                                                                                                                                                                                                                           | <a href="https://peumbrella.com/wp-content/uploads/2020/03/Home-Challenges.pdf">peumbrella.com/wp-content/uploads/2020/03/Home-Challenges.pdf</a> |
| Premier Education          | A host of activities to keep you active and to develop your physical competence at home. Also available: <a href="#">Physical resources</a> , <a href="#">Health &amp; Wellbeing resources</a> and <a href="#">Lifeskills resources</a> .                                                                                                                                                                         | <a href="#">Stay Active resources</a>                                                                                                             |
| <b>PHYSICAL ACTIVITY</b>   |                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                   |
| The Daily Mile at Home     | Introducing families across the UK to The #DailyMileAtHome. It's an easy and fun way to keep fit and maintain good health and wellbeing for children (and parents/carers).                                                                                                                                                                                                                                        | <a href="https://thedailymile.co.uk/at-home/">thedailymile.co.uk/at-home/</a>                                                                     |
| The Body Coach (Joe Wicks) | Joe Wicks, The Body Coach, has produced a number of short, fun workout videos especially for children. The videos are available on The Body Coach YouTube TV channel along with videos that adults/parents can access too. Joe is now also running a live session every day at 9am specifically for children.                                                                                                     | <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>                           |
| Change 4 Life              | The NHS Change 4 Life website has a host of videos, activities & resources for parents and pupils to use alike. The resources encourage physical activity, healthy eating & even include healthy family dinner recipes.                                                                                                                                                                                           | <a href="https://www.nhs.uk/change4life">www.nhs.uk/change4life</a>                                                                               |
| Super Movers               | The BBC and Premier League have worked together to bring us Super Movers. The Super Movers website, contains a host of free online videos & fun curriculum linked resources to get children moving while they learn. The videos feature a plethora of professional sportsmen & women as well as celebrities to engage children even further.                                                                      | <a href="https://www.bbc.co.uk/teach/supermovers">www.bbc.co.uk/teach/supermovers</a>                                                             |
| Move Crew                  | ukactiveKids and Nike have launched Move Crew, a set of activity missions designed to help children unlock their 60 minutes of daily recommended activity.                                                                                                                                                                                                                                                        | <a href="https://ukactivekids.com/movecrew/">ukactivekids.com/movecrew/</a>                                                                       |
| Questr Scan and Seek       | Questr Scan & Seek have created an area on their website with <b>free</b> active English & Science games for parents & kids. The activities will give parents the opportunity to support their children to have fun while they continue to learn at home.                                                                                                                                                         | <a href="https://www.questr.org/schoolclosure">www.questr.org/schoolclosure</a>                                                                   |
| Cosmic Kids                | Free online videos that can be watched & followed at home by children, adults & families alike. Access themed yoga lessons, mindfulness activities & relaxation sessions from the comfort of your home.                                                                                                                                                                                                           | <a href="https://www.cosmickids.com/">www.cosmickids.com/</a>                                                                                     |
| Real Play                  | Real Play at home is an online platform that supports families to play & learn together. It includes 12 themes, 6 areas, over 250 activities & challenges, and 1000s of hours of fun & activity for every family! The programme is free for schools & families to access during the school closure period. Email <a href="mailto:jasmine@createdevelopment.co.uk">jasmine@createdevelopment.co.uk</a> to sign up. | <a href="https://jasmineactive.com/solutions/real-play/">jasmineactive.com/solutions/real-play/</a>                                               |

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| Healthy Futures                       | Healthy Futures are providing a weekly food & activity log plus daily exercise videos to keep children active. They are working with a number of organisations to create their daily home exercise videos & will also be sending out a resource pack.                                                           | <a href="https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&amp;id=492f01d6de">healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&amp;id=492f01d6de</a>                                             |
| Oti Mabuse Dance                      | The Strictly Come Dancing star has created a selection of themed dance lessons/tutorials for both children and adults alike.                                                                                                                                                                                    | <a href="https://www.youtube.com/user/mosetsanagape/feed">www.youtube.com/user/mosetsanagape/feed</a>                                                                                                                                                   |
| Go Noodle                             | Anyone can access these free online videos that encourage children to be active & have fun. They children with movement and mindfulness videos created by child development experts. Available for free at school, home & everywhere kids are!                                                                  | <a href="http://www.gonoodle.com/">www.gonoodle.com/</a>                                                                                                                                                                                                |
| This Girl Can                         | This Girl Can is all about celebrating women getting active. Partnering with Disney and real families across England, they published a series of fun dance videos. Further advice & resources can be found on their Home Exercise page, including fitness video tips from Sussex This Girl Can Ambassador Tess. | <a href="https://www.thisgirlcan.co.uk/activities/disney-workouts/">www.thisgirlcan.co.uk/activities/disney-workouts/</a><br><br><a href="https://www.thisgirlcan.co.uk/activities/home-exercise/">www.thisgirlcan.co.uk/activities/home-exercise/</a>  |
| Nike Active Kids Do Better            | Free family friendly ideas & activities to keep active at home.                                                                                                                                                                                                                                                 | <a href="https://activekidsdobetter.co.uk/active-home">activekidsdobetter.co.uk/active-home</a>                                                                                                                                                         |
| Arches SSP                            | Arches SSP in Sheffield have collated a wide range of active at home resources that schools & families can access. They will also be publishing active challenges throughout this period.                                                                                                                       | <a href="https://www.thearches.org.uk/news-article-66/active-resources-for-home-learningnbspstayinworkout-stayhomestayactive.php">www.thearches.org.uk/news-article-66/active-resources-for-home-learningnbspstayinworkout-stayhomestayactive.php</a> . |
| Southcoast Sports                     | South Coast Sports are doing two Facebook Lives each week day, one in the morning for Yoga & Mindfulness 10.30am and one in the afternoon Primary PE Fun & Games 1.30pm.                                                                                                                                        | <a href="https://www.facebook.com/SCSCoaching/">www.facebook.com/SCSCoaching/</a>                                                                                                                                                                       |
| Skip2Bfit                             | A skipping challenge activity to see how many skips you can do in 2 minutes. If you download the <a href="#">skip2bfit app</a> you can access a free 2 minute music track which you can use to motivate you and time your skip.                                                                                 | <a href="https://skip2bfit.com/skip2bfit-app">skip2bfit.com/skip2bfit-app</a>                                                                                                                                                                           |
| Les Mills Born to Move Schools        | You can now access the Born to Move Schools platform for free to keep children entertained, active and calm. It's a virtual solution designed to support children at home and those still in the classroom.                                                                                                     | <a href="https://borntomove.lesmills.com/">borntomove.lesmills.com/</a>                                                                                                                                                                                 |
| Our Parks                             | Our Parks are releasing a new fun superhero themed fitness video every day at 15:30. Learn how to move like your favourite superhero and stay healthy and active at the same time.                                                                                                                              | <a href="https://ourparks.org.uk/content/our-parks-online-home-workouts">ourparks.org.uk/content/our-parks-online-home-workouts</a>                                                                                                                     |
| Sustrans                              | The Sustrans Outside In initiative provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home. Sign up to their weekly email.                                                                                                                           | <a href="https://www.sustrans.org.uk/campaigns/outside-in/">www.sustrans.org.uk/campaigns/outside-in/</a>                                                                                                                                               |
| Living Streets                        | Living Streets are producing a weekly activity resource sheet to encourage walking from home. The resources are designed specifically for primary school aged children.                                                                                                                                         | <a href="https://www.livingstreets.org.uk/walk-to-school/primary-schools">www.livingstreets.org.uk/walk-to-school/primary-schools</a>                                                                                                                   |
| <b>SCHOOL GAMES ORGANISERS (SGOs)</b> |                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                         |
| West Sussex West                      | Introducing the #westsussexwestchallenges West Sussex West SSP have created a variety of challenges to keep CYP active whilst at home! A new weekly challenge will be posted every Monday at 12pm.                                                                                                              | <a href="https://twitter.com/WSW_SSP">twitter.com/WSW_SSP</a>                                                                                                                                                                                           |
| Hastings & Rother                     | HRSSPE will be releasing weekly challenges to engage CYP in physical activity using the hashtag: #HRSSPEWeeklyChallenge                                                                                                                                                                                         | <a href="https://twitter.com/hrsspe">twitter.com/hrsspe</a>                                                                                                                                                                                             |

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| Brighton & Hove Healthy Lifestyles     | The Active for Life team will be posting useful information, advice & activities for children & families to be active on their Facebook page.                                                                                                                                                                                                                       | <a href="http://www.facebook.com/BHhealthylife/">www.facebook.com/BHhealthylife/</a>                                                                                                                                                                       |
| North Wealden                          | Try out these personal challenges to stay active at home & aim to achieve your personal best.                                                                                                                                                                                                                                                                       | <a href="https://twitter.com/NorthwealdenSSP">twitter.com/NorthwealdenSSP</a>                                                                                                                                                                              |
| Mid Sussex Active                      | A weekly PE task is being created and shared by Mid Sussex Active to ensure pupils are not just physically active but they are also being physically educated too.                                                                                                                                                                                                  | <a href="https://twitter.com/MidSussexActive">twitter.com/MidSussexActive</a>                                                                                                                                                                              |
| Central                                | Promoting a variety of opportunities to remain active at home.                                                                                                                                                                                                                                                                                                      | <a href="https://twitter.com/SussexGames">twitter.com/SussexGames</a>                                                                                                                                                                                      |
| Crawley                                | Promoting a variety of opportunities to remain active at home.                                                                                                                                                                                                                                                                                                      | <a href="https://twitter.com/CrawleySgo">twitter.com/CrawleySgo</a>                                                                                                                                                                                        |
| Southern                               | Promoting a variety of opportunities to remain active at home.                                                                                                                                                                                                                                                                                                      | <a href="https://twitter.com/S_A_Sport">twitter.com/S_A_Sport</a>                                                                                                                                                                                          |
| SGO Easter Challenges                  | The School Games Organisers (SGOs) across Sussex have come together to produce a series of challenges that can be completed by both pupils and parents/carers at home.                                                                                                                                                                                              | <a href="#">Sussex-SGO-Easter-Challenge.pdf</a>                                                                                                                                                                                                            |
| <b>SPORTS</b>                          |                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                            |
| Specsavers Virtual Sussex School Games | 11 weeks of competition across different sporting challenges. For pupils, parents/carers and staff across Sussex. Represent your schools and win prizes along the way.                                                                                                                                                                                              | <a href="http://www.sussexschoolgames.co.uk/">www.sussexschoolgames.co.uk/</a>                                                                                                                                                                             |
| School Games                           | All schools can access a variety of sport activities/challenges on their School Games Dashboard.                                                                                                                                                                                                                                                                    | <a href="http://www.yourschoolgames.com/">www.yourschoolgames.com/</a>                                                                                                                                                                                     |
| Sussex Cricket Foundation              | SCF have launched the 'SCF Skills Challenge', a series of weekly challenges to keep children, youths, adults active during this challenging period.                                                                                                                                                                                                                 | <a href="https://twitter.com/SussexCricketFd">twitter.com/SussexCricketFd</a>                                                                                                                                                                              |
| Sussex FA                              | Alongside the FA and Fun Football UK, the Sussex FA will be releasing a series of challenge videos for children to do whilst at home.                                                                                                                                                                                                                               | <a href="https://twitter.com/SussexCountyFA">twitter.com/SussexCountyFA</a>                                                                                                                                                                                |
| England Netball                        | The Bee @ Home initiative from England Netball releases a new weekly netball themed challenge every Tuesday aimed specifically at under 11s.                                                                                                                                                                                                                        | <a href="https://www.facebook.com/englandnetball/videos/222554325639630/">www.facebook.com/englandnetball/videos/222554325639630/</a>                                                                                                                      |
| Chance to Shine                        | The Chance to Shine team are issuing some cricket based challenges on their Twitter page and are encouraging participants to send in their attempts.                                                                                                                                                                                                                | <a href="https://twitter.com/Chance2Shine">twitter.com/Chance2Shine</a>                                                                                                                                                                                    |
| LTA                                    | The Lawn Tennis Association have put together a collection of fun tennis exercises for kids and adults to participate in together and keep active. #TennisAtHome                                                                                                                                                                                                    | <a href="http://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>                                                                                                                           |
| British Cycling                        | British Cycling has launched a daily activity calendar to keep kids moving and help them to develop new skills, as millions across Britain adjust to life out of school. Launched to help parents introduce pedalling to playtime, HSBC UK Ready Set Ride is split into three stages and provides families with all they need to support children to start cycling. | <a href="http://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0">www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0</a> |
| Gymnastics with Max                    | Max Whitlock, Team GB Gymnast, is hosting live workouts on Tuesday and Friday afternoons. They will begin with a gymnastic session for the whole family followed by a squad level session.                                                                                                                                                                          | <a href="https://www.youtube.com/channel/UCu-rjFVlr7ZAZ0en3RRALPw/featured">www.youtube.com/channel/UCu-rjFVlr7ZAZ0en3RRALPw/featured</a>                                                                                                                  |
| <b>INCLUSIVE ACTIVITIES</b>            |                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                            |
| Youth Sport Trust - Inclusion          | Whether you're a parent/carer of a child with profound or multiple complex needs, a special school teacher or PE subject lead, these resources and videos will support you to continue with national curriculum PE at home, maintaining physical activity levels and using sensory active learning to teach a range of other subjects during the school closures.   | <a href="http://www.youthsporttrust.org/free-home-e-learning-resources-inclusion">www.youthsporttrust.org/free-home-e-learning-resources-inclusion</a>                                                                                                     |
| Iain Mills of Parkside School          | Parkside School in Norfolk are delivering a daily video which will involve Sensory Circuits at 9:30am and PE Challenges at 11:45am Monday to Friday.                                                                                                                                                                                                                | <a href="https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g/">www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g/</a>                                                                                                                                  |
| NHS Change4Life                        | The Change4Life website has a page dedicated to accessible & inclusive activities for disabled children to keep active.                                                                                                                                                                                                                                             | <a href="http://www.nhs.uk/change4life/activities/accessible-activities">www.nhs.uk/change4life/activities/accessible-activities</a>                                                                                                                       |

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| Inclusive Dance           | Lauren Rackham has produced an inclusive dance routine to the popular song 'This Is Me'. The video tutorial aims to develop fitness, coordination, understanding instruction, dynamics and repetitive sequencing. This video contains widget symbols and some sign-a-long movements. | <a href="https://youtu.be/hA-aRyRjpLE">youtu.be/hA-aRyRjpLE</a>                                                                                              |
| Activity Alliance         | The Activity Alliance is pooling together a variety of advice, workouts, videos and activity guides to support disabled people to move more while at home.                                                                                                                           | <a href="http://www.activityalliance.org.uk/get-active/at-home">www.activityalliance.org.uk/get-active/at-home</a>                                           |
| Amaze (Compass Card Team) | A guide to COVID-19 written for young people with disabilities or special educational needs.                                                                                                                                                                                         | <a href="http://www.compasscard.org.uk/leisure-learning-and-lock-down/young-people/">www.compasscard.org.uk/leisure-learning-and-lock-down/young-people/</a> |