



## 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.

**SAFEGUARDING:** The NSPCC has created some useful [safeguarding guidance for schools who have introduced remote teaching](#).

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

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Resource	Description	Link
<b>PE/ACTIVE LESSONS</b>		
#ThisIsPE	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	Activity cards & 60 second challenges.	<a href="http://www.youthsporttrust.org/free-resources">www.youthsporttrust.org/free-resources</a>
Premier League Primary Stars	A wide collection of free, curriculum-linked activities. Help children get active through fun videos, games and worksheets for Maths, English and Health and Wellbeing.	<a href="http://plprimarystars.com/home-learning">plprimarystars.com/home-learning</a>
Teach Active	A free homework resource 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>
Burn 2 Learn	A range of videos to help get parents & children moving & learning at home.	<a href="https://m.youtube.com/channel/UCRgvGtLj59eHtOL7YYuTv5w">m.youtube.com/channel/UCRgvGtLj59eHtOL7YYuTv5w</a>
The PE Umbrella	The successful primary PE podcast have kindly shared a useful "Little Movers" resource booklet containing a variety of fun activities for parents & children to do together.	<a href="http://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="http://www.premier-education.com/stay-active-Activity/Lesson-Videos">www.premier-education.com/stay-active-Activity/Lesson-Videos</a>
<b>PHYSICAL ACTIVITY</b>		
The Daily Mile at Home	An easy and fun way to keep fit and maintain good health and wellbeing for children and families on a daily basis.	<a href="http://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. He will also be running a live session every Monday, Wednesday and Friday morning at 9am on his Youtube channel.	<a href="https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k">www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k</a>

Change 4 Life	A host of videos, activities & resources to encourage physical activity, healthy eating & even include healthy family dinner recipes.	<a href="http://www.nhs.uk/change4life">www.nhs.uk/change4life</a>
Super Movers	A host of free online videos & fun curriculum linked resources to get children moving while they learn.	<a href="http://www.bbc.co.uk/teach/supermovers">www.bbc.co.uk/teach/supermovers</a>
Strombreak	Follow along video to improve <b>mental health and wellbeing</b> whilst increasing physical activity levels.	<a href="http://www.stormbreak.org.uk/">www.stormbreak.org.uk/</a>
Move Crew	A set of activity missions designed to help children unlock their 60 minutes of daily recommended activity.	<a href="http://ukactivekids.com/movecrew/">ukactivekids.com/movecrew/</a>
Questr Scan and Seek	Free active English & Science games for parents & kids.	<a href="http://www.questr.org/schoolclosure">www.questr.org/schoolclosure</a>
Cosmic Kids	Free online based videos that can be watched & followed at home by children, adults & families. Including: yoga lessons, mindfulness & relaxation sessions.	<a href="http://www.cosmickids.com/">www.cosmickids.com/</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="http://www.youtube.com/user/mosetsanagape/feed">www.youtube.com/user/mosetsanagape/feed</a>
Go Noodle	Online videos that encourage children to be active & have fun. Movement and mindfulness videos created by child development experts.	<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 have published a series of fun dance videos.	<a href="http://www.thisgirlcan.co.uk/activities/disney-workouts/">www.thisgirlcan.co.uk/activities/disney-workouts/</a>
Nike Active Kids Do Better	Free family friendly ideas & activities to keep active at home.	<a href="http://activekidsdobetter.co.uk/active-home">activekidsdobetter.co.uk/active-home</a>
Skip2Bfit	A skipping challenge activity to see how many skips you can do in 2 minutes. Download the <a href="#">skip2bfit app</a> to access a free 2 minute music track to motivate you and time your skip.	<a href="http://skip2bfit.com/skip2bfit-app">skip2bfit.com/skip2bfit-app</a>
Les Mills Born to Move Schools	Keep children entertained, active and calm through these videos designed to support both children at home and those in the classroom.	<a href="http://borntomove.lesmills.com/">borntomove.lesmills.com/</a>
Our Parks	Fun superhero themed fitness videos. Learn how to move like your favourite superhero and stay healthy and active at the same time.	<a href="http://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="http://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="http://www.livingstreets.org.uk/walk-to-school/primary-schools">www.livingstreets.org.uk/walk-to-school/primary-schools</a>
<b>SPORTS</b>		
Specsavers Virtual Sussex School Games	The Games may have finished but the resources are still available. 11 weeks of different sporting challenges. For pupils, parents/carers and staff.	<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 <b>Cricket</b> Foundation	Cricket at Home resources include short, clear instructional videos guiding pupils through fun activities that require very little equipment and can be completed in homes.	<a href="http://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak">www.chancetoshine.org/staying-active-during-the-covid-19-outbreak</a>

England <b>Netball</b>	The Bee @ Home initiative from England Netball provides a series of netball themed challenges aimed specifically at under 11s.	<a href="https://www.facebook.com/englandnetball/videos/222554325639630/">www.facebook.com/englandnetball/videos/222554325639630/</a>
<b>Football:</b> Albion in the Community	Short videos to help young players stay active and learn new skills.	<a href="https://www.youtube.com/watch?v=qC-mF6AkNR0&amp;list=PL1uG_FEmNa9DhukQ0_vXGyi_LaGREYVQ">www.youtube.com/watch?v=qC-mF6AkNR0&amp;list=PL1uG_FEmNa9DhukQ0_vXGyi_LaGREYVQ</a>
Lawn <b>Tennis</b> Association	The Lawn Tennis Association have put together a collection of fun tennis exercises for kids and adults to participate in together and keep active.	<a href="https://www.lta.org.uk/play-competes/lta-youth/tennis-at-home/">www.lta.org.uk/play-competes/lta-youth/tennis-at-home/</a>
British <b>Cycling</b>	Launched to help parents introduce pedalling to playtime, split into three stages providing families with all they need to support children to start cycling.	<a href="https://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>
<b>Gymnastics</b> with Max	Max Whitlock, Team GB Gymnast, workouts that 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>
School Games Organisers	Get in contact with your local School Games Organiser who will point you towards active challenges and competitions for schools within your area.	<a href="https://www.activesussex.org/sport-in-education/contacts/schools/">https://www.activesussex.org/sport-in-education/contacts/schools/</a>
<b>INCLUSIVE ACTIVITIES</b>		
Youth Sport Trust - Inclusion	ideos to support maintaining physical activity levels specifically designed for special schools.	<a href="https://www.youthsporttrust.org/thisispe-send-activities">https://www.youthsporttrust.org/thisispe-send-activities</a>
Iain Mills of Parkside School	Parkside School in Norfolk have produced a range of videos which involve Sensory Circuits and PE Challenges.	<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="https://www.nhs.uk/change4life/activities/accessible-activities">www.nhs.uk/change4life/activities/accessible-activities</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="https://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="https://www.compasscard.org.uk/leisure-learning-and-lock-down/young-people/">www.compasscard.org.uk/leisure-learning-and-lock-down/young-people/</a>