



Dear Parents

With the importance your school places on PE, exercise and sport for all young people, it is a valued member of the Wolds School Sport Partnership. At this exceptional time, I am sure you will agree that it is vital all children continue to exercise at home not only to maintain their physical health, but also to maintain good mental health as well.

We are building up a bank of FREE high quality PE/exercise resources for parents and children to access and use at home. These will be added to on a regular basis via our twitter account

**Please follow Wolds School Sport on twitter @WoldsSSP**

There are already lots of ideas on there to keep your children active. I will also keep adding to the list below.

If you have any questions and would like to get in touch please email [alan.grantham@caistorgrammar.com](mailto:alan.grantham@caistorgrammar.com)

Keep safe and keep active!

Alan Grantham – Sports Partnership Manager

**FREE PE / Exercise resources to help keep your children active!**

- 1) Joe Wicks the Body Coach – join him every morning for a kids workout at 9am  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- 2) YST Home Learning Resources <https://www.youthsporttrust.org/free-home-learning-resources-0>
- 3) YST School Games Personal Challenges <https://www.youthsporttrust.org/school-games-personal-challenge>
- 4) BBC Super Movers resources for KS1 and 2 <https://www.bbc.co.uk/teach/supermovers>
- 5) Premier League Primary Stars - Resources for all subjects  
<https://plprimarystars.com/resources>

Hopefully there are plenty of resources above to get you going.

**But please do follow us on twitter @WoldsSSP** for regular updates and new exercise resources to keep your children engaged and active.



@Wolds SSP