

PE / Sport / Physical Activity Resources during lockdown

The following are a collection of resources that will support children accessing PE/Sport/PA during lockdown. Please share this with your school. Please do check that all activities are appropriate for your pupils, ensuring that all activities are completed safely.



Day of the week	Activity	Description	Link to resource
Mon/Wed/Fri – Live / On demand	Joe Wicks Videos	Joe Wicks will be returning with lots of physical activity videos for children to join in with	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ
Available on demand	Andy's Wild Workouts	Aimed at KS1 children, learn a variety of fun movements with a theme	https://www.bbc.co.uk/programmes/p06tmmvz
Available on demand	Disney Dance along songs	Aimed at ages 5 to 8, a variety of dance along videos with 'This Girl Can'	https://www.thisgirlcan.co.uk/activities/disney-workouts/
Specific times apply	TopYa! active challenges	Pupils can join schools games active championships via the TopYa! App, supported by YST.	https://topya.com/
Available on demand	Change 4 Life	A variety of shake up games to keep children active	https://www.nhs.uk/10-minute-shake-up/shake-ups
Available on demand	Lets Get Kids Moving	A variety of superhero themed workouts aimed at children	https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ

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Available on demand	Just Dance	A variety of songs for children to dance to by copying the movements	https://www.youtube.com/user/justdancegame
Available on demand	Cosmic Yoga	Fun story themed yoga videos aimed at children	https://www.youtube.com/user/CosmicKidsYoga
Available on demand	Go Noodle	A variety of movement videos for kids	https://www.gonoodle.com/
Available on demand	Yoga with Adrienne	Simple yoga videos suitable for all ages including older children and parents!	https://www.youtube.com/c/yogawithadriene/videos
Available on demand	PE with Steven Jeff	PE lessons that can be used at home or for key worker children	https://www.youtube.com/channel/UCU827DZHDTnUYwohUiONhiA
Weekdays 5pm/On demand	Youth Sports Trust after school clubs	Physical activity after school clubs created by YST for children to do at home	https://www.youtube.com/user/YouthSportTrust

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Available on demand	Yorkshire Sports 'This is PE'	AfPE and Govt endorsed home learning PE videos	https://www.youtube.com/channel/UCGVzDT1kETxgbfXe0BCSvkA
Available on demand	Youth Sports Trust 60 second challenges	Physical activity challenges created by YST, can be used at home or in classrooms	https://www.youthsporttrust.org/60-second-physical-activity-challenges
Available on demand	Get Set 4 PE active families resources	A variety of different challenges children and families can do whilst at home	https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002
Available on demand	NETFLEX Physical Activity Videos	A Netflix style resource containing lots of different videos around PE & PA	https://drive.google.com/file/d/1Cf1BQk2-kbOt3E8hQYK5qdhmLKKsVafH/view
Available on demand	NETFLEX SEND Physical Activity Videos	Inclusive videos for physical activity in classrooms or at home for learners who will now be shielding	https://drive.google.com/file/d/17lkIRCIMjnInCDOZd95U43yEUfN5wbOE/view
	Health with RyanForwood	A selection of videos around the benefits of health and PA	https://www.youtube.com/channel/UCtzvLEWU2GgNTSr0ZyaXEsw

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Live at specific days/times see link.	Chance to Shine live	Cricket taster sessions for all ages.	https://www.chancetoshine.org/live
Live sessions every weekday.	Inspire Plus – Daily Distractions	Live activity sessions, early afternoon and after school.	https://www.inspireplus.org.uk/daily-distraction/
Available on demand	BBC Super Movers	Easy to follow, active learning videos for KS1 and KS2.	https://www.bbc.co.uk/teach/supermovers
Available on demand	BBC Boogie Beebies	Active themed movement videos for KS1.	https://www.bbc.co.uk/programmes/b006mvsc