

We are collating some of the many fantastic resources there are for keeping your kids active at home! Below are some FREE child-friendly activity resources. Click the titles below for further information.

[Activity Resources:](#)

[#ActivityBingo](#)

Can you get Bingo? Wesport have created a Bingo card to help your mental and physical health as a family. Complete every square and be in with the chance of winning a prize! Just download the [bingo card](#) and get started.

[BBC SuperMovers](#)

BBC SuperMovers are offering fun dance/movement videos with some of children's favourite CBeebies/CBBC and other well known characters. Find the videos [here!](#)

[Create Development](#)

Create Development really want to help ensure families have access to quality physical activity and family play opportunities. The programme is being set up on a temporary platform to make it available in the event of school closures and will be live during this period. They are confident that you and your families are going to enjoy playing and learning together. View the [real play](#) home video to preview what this looks like.

[GoNoodle](#)

GoNoodle is free to subscribe to, engaging 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

[Youth Sport Trust](#)

Youth Sport Trust have also pulled together some guidance specifically for children *#StayHomeStayActive*

[iMoves](#)

New resources will be added on a daily basis, and will include Quick Blasts, Active Blasts and Additional Activities to support Maths and Literacy. So remember, these FREE resources can be used in classrooms or in homes - they could be a great additional free resource for parents in home learning packs. Click here to join the imovement - <https://imoves.com/imovement-signup>

[SucceedIn](#)

SucceedIn's website will be updated daily as they see the need and demand grow. Parents will also be able to access their home version on the platform where they will have access to the following:

- Games and Ideas to Play at Home
- Change for Life links to think about food and hygiene
- Active SATS papers provided by Link Up Play

[The Body Coach- Joe Wicks](#)

Joe Wicks has some great videos aimed at kids of all different ages and abilities.

[National Governing Body and Sporting Resources:](#)

[Access Sport](#)

A range of Inclusive Activities for the home. With a range of videos, no videos, equipment or no equipment! A new session added each week.

[Chance to Shine](#)

Chance to Shine, a national cricket charity for children, has created a bank of resources for Primary and Secondary Schools for teachers to lead their own cricket drills and activities. These resources are now free to register for those seeking to keep young beneficiaries active in a fresh way.

[England Athletics Funetics](#)

Have fast forwarded their autumn launch free of charge. The videos are based around core movement skills; running, jumping and throwing. All of which are fun and the family can get involved in.

[Gloucestershire Cricket Board](#)

6 weeks of challenges for KS2 children to get involved in. Play with a family member or complete virtually with a friend at break time. All challenges have a full video and explanation to accompany them.

[Sportshall Home Pentathlon](#)

The Home Pentathlon is a fun way for families to take part in adapted Sportshall Athletics events within their home environment.

[Swim England](#)

Free learning resources that can be used for fun, literacy and numeracy skills and one of the key areas of water safety.

[Table Tennis England](#)

Produced content to help people learn how to play Table Tennis at home. Easy equipment that you have in your house like a frying pan as a bat and cereal boxes as nets.

[The FA](#)

The Football Association has created the 'Football's Staying Home' campaign which has online content about mental wellbeing, keeping fit and healthy, football-specific activities and football-themed educational resources.

[Virtual- School Games Active Championships](#)

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa! New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app. All they need to do is download the app and type in the Invite Code 23880. Click [here](#) to see the website and further information.