

Physical Activity Resources:

We have collated 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.

Some activities have a * next to them, these can be used as a quick active break during the day and are 15minutes or shorter.

Access Sport- Inclusive Activities

Lots of online and home activities suitable for all abilities. They have also produced an inclusive [Intro to Tennis](#) resource with the LTA. Access Sport are also running weekly [Lockdown Bike Club](#) live sessions every Saturday morning for those who usually attend their local BMX club (and anyone else!) These are a 40minute HIIT session at 10am every Saturday on Facebook live.

Adaptive Martial Arts

Tuesdays 7pm, starting 5th May. Takes place on Zoom allowing coaches to give you feedback and some social interaction Suitable for 6+ years and those with physical impairments, learning disabilities and autism. If someone can help you with the online communication and verbal instruction, the session can support those with sensory impairments too. Email info@adaptivema.co.uk for sign up details or if you have any questions.

#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.

Bath Rugby Hi5 Sessions

Bath Rugby Foundation are running their weekly hi5 sessions at 4pm on Monday via Facebook live [here](#).

BBC Bitesize PE

These sessions are grouped by Key Stage, offering a range of activities.

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!](#)

Big Fish Little Fish

Family Kitchen Rave every Sunday at 2pm!

[Blue Peter 6 Badges of Summer](#)

6 weeks of activities of great things to do and join in with.

[Boogie Beebies](#)

Early years resource – music programme, a chance for viewers to dance with Nat and Pete.

[Bristol Bears @Home](#)

An all-inclusive video resource. Click the link for some great weekly videos to get your children active, like

[Dance Time](#) and [Exercise Time](#).

[CBeebies](#)

Fun ways to include exercise into your daily routine at home!

[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.

[*Change4Life](#)

Disney inspired indoor games and 10 Minute Shake up activities to help them stay active while everyone's at home.

[CPSport- The Virtual Challenge Series](#)

The Virtual Challenge Series is taking place between August 2020 and January 2021. All CPSport members and those with Cerebral Palsy and associated physical impairments and their families are welcome to take part.

There will be 3 themed challenges, each one lasting for one month and participants can enter for one challenge or the full series (3 challenges). Enjoy!

[Cosmic Yoga](#)

Free child friendly yoga, mindfulness and relaxation activities and games based around well-known stories.

[CUBAtone](#)

Local deliverer runs a dance and fitness class for children and their families every Monday morning at 9.30am.

[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.

[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.

[England Netball- BeeNetball](#)

Primary age Bee Netball weekly challenges to practise netball skills.

[Fitness Blender](#)

Secondary age resource – free workout videos for every fitness level.

[Flamingo Chicks](#)

Inclusive dance sessions, free virtual classes online.

[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.

[Gloucestershire FA- Home of Football](#)

Family friendly activities and resources for you and your children to take part in at home.

[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!

[Greenhouse Sports Home Coach](#)

Sports videos to do at home.

[Joe Wicks \(The Body Coach\) PE lesson](#)

Every morning at 9am, live on Facebook and Youtube.

[Kids adventure-themed fitness class](#)

Great adventured themed fitness classes for nursery and primary children. Free Facebook or YouTube live stream 9am/3.30pm every day. Can be watched back.

[*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>

[MindRun4Girls](#)

Physical activity session and mindfulness techniques to try at home.

[Move Crew](#)

Move Missions are set by Active School Heroes (primary school staff members) and Nike coaches, then demonstrated by kids. Once the mission is delivered, kids are invited to complete the mission at home, their way.

[Oti Mabuse Dance Class](#)

Fun live daily routines for children at 11.30am and adults/ families at 19:30hr. Can be watched back at different times.

[Premier League 12 Star Challenge](#)

There are 12 simple activities which you can do together, or children can do by themselves.

[*Skip2BeFit](#)

Free app to download- Skip2BFit challenge- how many can you do in 2mins.

[Sporting Chance](#)

Active 30 videos – PE lesson to do at home! (please note a lot of these were filmed prior to lockdown)

[Sportshall Home Pentathlon](#)

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

[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.

[Teen Yoga Foundation](#)

Live yoga streamed daily at 10am on YouTube.

[*The Daily Mile at Home](#)

Ideas to help you continue doing the Daily Mile at home!

[This is PE](#)

PE lessons released every Monday, Wednesday and Friday- created by Yorkshire Sport Foundation, Youth Sport Trust and the Association for PE.

[Tickenham Golf Friday Fun Sessions](#)

Tickenham Golf Club are funded Sat Club partners who deliver to Friday Fun Youth Club which is an inclusive youth club. Videos have been developed to support participants at home.

[Twinkl Move with Joe Wicks!](#)

Move resources and videos to be used in the classroom or at home- quick 5-minute activity break!

[U Do It! Dance lessons](#)

Free online street dance classes and homework sheets!

[*Youth Sport Trust](#)

Youth Sport Trust have also pulled together some guidance specifically for children *#StayHomeStayActive*. Also have a look at their [60 second activity challenges](#) for a break during the day!