

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.

#ActivityBingo

Can you get Bingo? Wesport have created a Bingo card to help your mental and physical health as a family.

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 Raves available on their facebook page [here!](#)

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.

[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 Netball- BeeNetball](#)

Primary age Bee Netball 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.

[Gympanzees](#)

Gympanzees have a wide range of FREE, inclusive services to support children & young people with disabilities and their families across Bristol, including an online resource hub and specialist Lending Library. They provide access to exercise, sensory experience and play. To find out more click [here](#).

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

Monday, Wednesday and Friday morning at 9am, live on Facebook and Youtube.

[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 routines for children and adults/ families to watch and learn a new dance.

[Panathlon](#)

Panathlon have launched at home sporting challenges such as the home and garden games.

They have also provided a new document for teachers who may be looking at concurrent learning (school and home).

The document for teachers can be found [here](#).

[Premier League 12 Star Challenge](#)

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

[Premiership Rugby Learning](#)

Premiership Rugby has launched an innovative and engaging platform to help parents with home schooling. Launching twice weekly online lessons to support parents and teachers in keeping children engaged with learning. Click [here](#) to learn with Premiership Rugby.

[Public Health England- Change4life](#)

New to the School Zone for teachers are Our Healthy Year Calendars, for Reception and KS1 and KS2, that can support young people to build healthier habits this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing - wherever they are.

[*Skip2BeFit](#)

Free app to download- Skip2BeFit 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)

[Sporting Chance](#)

Virtual PE offering, free to all on YouTube.

Mondays - Release a lesson for EY/KS1 and a KS2 lesson

Family Bootcamp (Tuesdays and Thursdays) which is pre-recorded so people can continue to use the material for as long as they like.

Tuesdays and Thursdays - Release a 20 min Family Bootcamp session

[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!

*[The Daily Mile New Year Bingo.](#)

Download your Bingo card [here](#) and see how many you can tick off.

*[#TheSENPEGuy](#)

Has made a series of > 10 minute videos based around simple movement games; Simon Says, Musical Statues etc. with the point of difference being that, after a short intro, the videos are zero screen time. They are self sufficient videos so can be zero input from parents and teachers. These videos are made with the audience of SEN lower secondary and upper primary aged kids. Click [here](#) to view the videos.

[This is PE](#)

PE lessons- 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!

*[Wesport Virtual Challenges](#)

Why not have a go at one of the challenges from our Virtual School Games? If you participated in the games already why not try and beat your personal best?

[WheelPower](#)

WheelPower have released 10 new inclusive online workouts for disabled people in lockdown.

*[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!