

PE, School Sport and Physical Activity
Home Learning Resources – All free to use

Link	Suitable for...	Description
1. YouTube – Search ‘Arena PE and Outdoor Learning at Home’ https://www.youtube.com/	KS1 and 2	Range of Outdoor Learning Activities to do in and out of the house. Need to subscribe to their channel
2. Youth Sport Trust https://www.youthsporttrust.org/free-home-learning-resources-0	Primary and Secondary	PE Curriculum linked activities and challenges for all ages. Some can be done indoors
3. PE at Home https://www.kessp.com	Primary and Secondary	Range of challenges that can be done on own or with family. Click on Primary or Secondary and then ‘PE at Home’
4. PE Scholar https://www.pescholar.com/resource/daily-challenge-cards-home-learning	Primary and Year 7	PE and cross curricular challenge cards including maths
5. Be Well Played https://www.bewellplayed.com/	Primary and Secondary	A range of ideas for quirky games and challenges that can be done on own, in pairs or small group. Some lovely stuff that families could do together. Requires little equipment
6. Resolve to Play https://www.resolvetoplay.com/post/learning-through-play-whilst-in-lockdown	EYFS and KS1	Lots of ideas and resources for parents to do with or organise for young children
7. Yorkshire Sport https://www.yorkshiresport.org/get-active/thisispe/	All ages (but mainly EYFS and Primary)	FANTASTIC site for families!!! Also has a load more links to sites for young children (eg. gonoodle and Cosmic Yoga). Evening workouts to follow for the whole family and some adult specific activities and guidance
8. Chance to Shine https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak	All ages	Lots of cricket based activities to be done outside. Little equipment needed. Individual activities and parent and child specific activities
9. United Learning https://unitedlearning.org.uk/home-learning	Primary and Secondary	A range of activities based around wellbeing and physical activities. Also a wide range of links into other Physical Activity sites

10. PE with Joe Wickes https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI	Primary (but all ages can do it!)	Daily physical activity workouts at 9am on YouTube
11. Les Mills – Born to Move https://watch.lesmillsondemand.com/born-to-move-free	Primary (but all ages can do it!)	20 or 40 mins activity sessions based on dance, martial arts and yoga
12. UK Active - Move Crew https://ukactivekids.com/movecrew/	Primary (But whole family can join in)	Running based sessions sponsored by Nike and involving a range of athletes including Dina Asher Smith
13. Lancashire School Games https://lancshireschoolgames.co.uk/year-1-2-stay-at-home-programme/	Years 1 and 2	Physical activities that can be done individually or with the family
14. BBC Super Movers https://www.bbc.co.uk/teach/supermovers	KS1 and 2	Range of workouts and challenges that can be done on your own, with your family or with your class. Many feature CBBC characters and presenters
15. Get Set https://www.getset.co.uk/	Primary and Secondary	Range of activities that can be downloaded and used at home based on the Olympics and Paralympics

These are just a few of the sites and youtube videos out there!