

# PE & PA HOME LEARNING

Links & resources for the Jan/Feb lockdown period. Some resources can be used for PE and some are simply physical activity & health related. It is important more than ever we encourage young people to engage in PA whilst at home!

<b><u>Activity</u></b>	<b><u>Description</u></b>	<b><u>Link to resource</u></b>
<b>Yorkshire Sports 'This is PE'</b>	<b>AfPE and Govt endorsed home learning PE videos</b>	<b><a href="https://www.youtube.com/channel/UCGVzDT1kETxgbfXe0BCSvkA">https://www.youtube.com/channel/UCGVzDT1kETxgbfXe0BCSvkA</a></b>
<b>Youth Sports Trust 60 second challenges</b>	<b>Physical activity challenges created by YST, can be used at home or in classrooms</b>	<b><a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a></b>
<b>Get Set 4 PE active families resources</b>	<b>A variety of different challenges children and families can do whilst at home</b>	<b><a href="https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002">https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002</a></b>
<b>NETFLEX Physical Activity Videos</b>	<b>A Netflix style resource containing lots of different videos around PE &amp; PA</b>	<b><a href="https://drive.google.com/file/d/1Cf1BQk2-kbOt3E8hQYK5qdhmLKKsVafH/view">https://drive.google.com/file/d/1Cf1BQk2-kbOt3E8hQYK5qdhmLKKsVafH/view</a></b>
<b>NETFLEX SEND Physical Activity Videos</b>	<b>Inclusive videos for physical activity in classrooms or at home for learners who will now be shielding</b>	<b><a href="https://drive.google.com/file/d/17lkIRCIMjnlnCDOZd95U43yEUfN5wbOE/view">https://drive.google.com/file/d/17lkIRCIMjnlnCDOZd95U43yEUfN5wbOE/view</a></b>
<b>Health with Ryan Forwood</b>	<b>A selection of videos around the benefits of health and PA</b>	<b><a href="https://www.youtube.com/channel/UCtzvLEWU2GgNTSr0ZyaXEsw">https://www.youtube.com/channel/UCtzvLEWU2GgNTSr0ZyaXEsw</a></b>

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

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<b>TopYa! active challenges</b>	<b>Pupils can join schools games active championships via the TopYa! App, supported by YST.</b>	<b><a href="https://topya.com/">https://topya.com/</a></b>
<b>Change 4 Life</b>	<b>A variety of shake up games to keep children active</b>	<b><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></b>
<b>Lets Get Kids Moving</b>	<b>A variety of superhero themed workouts aimed at children</b>	<b><a href="https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ">https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ</a></b>
<b>Disney Dance along songs</b>	<b>Aimed at ages 5 to 8, a variety of dance along videos with 'This Girl Can'</b>	<b><a href="https://www.thisgirlcan.co.uk/activities/disney-workouts/">https://www.thisgirlcan.co.uk/activities/disney-workouts/</a></b>
<b>Andy's Wild Workouts</b>	<b>Aimed at KS1 children, learn a variety of fun movements with a theme</b>	<b><a href="https://www.bbc.co.uk/programmes/p06tmmvz">https://www.bbc.co.uk/programmes/p06tmmvz</a></b>
<b>Joe Wicks Videos</b>	<b>Joe Wicks will be returning with lots of physical activity videos for children to join in with</b>	<b><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></b>