

# PHYSICAL EDUCATION

SOME LINKS TO ACTIVITIES FOR CHILDREN TO TRY AT HOME

## **Twinkl**

Twinkl has a lot of PE resources where parents can search for specific key stages and activities appropriate for their children.

<https://www.twinkl.co.uk/search>

## **Association for Physical Education**

A website with “lesson” videos for activities that can be done at home. Mostly appropriate for Key Stage 2 children.

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

## **GoNoodle**

Some Dance videos for the children to try their best to dance along to.

<https://family.gonoodle.com/channels/ntv-noodle-television>

## **Youth Sport Trust**

Some activity videos with worksheets explaining the activities. Great for choosing specific activities.

<https://www.youthsporttrust.org/primary-pe-activities>

## **Boogie Beebies - BBC**

Music/Dance videos for children to dance with and copy actions.

<https://www.bbc.co.uk/programmes/b006mvsc>

## **Super Movers - BBC**

Music/Dance videos for children to dance with and copy actions.

<https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers/zm2gydm>

## **Andy's Wild Workouts – BBC**

Move like animals – great to get the children moving and joining in.

<https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts>

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### **Active Kids do Better**

Movement videos for the children to try and copy:

<https://www.activekidsdobetter.co.uk/active-classroom>

Some fun activities for the whole family to get involved in:

<https://www.activekidsdobetter.co.uk/active-home>

### **imoves – active blasts**

Parents will need to create a FREE account with this, lots of fun videos for the children to follow along with.

<https://imoves.com/>