



Gedling School Games



60 Active Minutes - Useful Link

Sport England: Stay In Work Out – Join the movement and find all you need to stay active in one place. Includes options for getting active at home and getting active outdoors, along with the latest government advice - https://www.sportengland.org/stayinworkout#join_the_movement

Youth Sport Trust: PE home learning – A range of home based PE ideas split across three areas: PE Home Learning, Active Breaks and 60 Second Challenges. Just click on the area you want to view and download an activity of your choice. There's plenty to choose from so these should keep you going for quite a while - <https://www.youthsporttrust.org/free-home-learning-resources-0>

Change4Life Activities – A public health programme aimed at helping families make small improvements to their diet and activity levels. Full of ideas designed to help you 'Eat well, move more, live longer' - <https://www.nhs.uk/change4life/activities>

BBC Super Movers - Fun curriculum linked resources to get your kids moving while they learn - <https://www.bbc.co.uk/teach/super movers>

BBC Super Movers Times Tables Songs – Practice your times tables and your dance moves at the same time with these super mover times tables songs, ideal for KS1/2, probably not great for anyone KS3 or above - <https://www.bbc.co.uk/sport/av/super movers/42675177>

Premier League Primary Stars – Resources that cover English, Physical Activity, Health and Wellbeing and Maths for Key Stage 1 (5-7 year-olds) and Key Stage 2 (7-11 year-olds), with fun activities to keep children active and learning at home. Resources are collected into 'packs' which might include one or more resources. PowerPoint may be required for some resources - <https://plprimarystars.com/news/home-learning-activities-school-closures>

Imoves – Award winning teaching resources designed to get kids active at school repurposed for use at home. Sign up for free and start using resources straight away. - <https://imoves.com/imovement-signup>

Go Noodle – 100s of free movement and mindfulness videos. Go Noodle is a go to for many schools so expect your kids to be familiar with these activities and keen to pick their favourites - <https://about.gonoodle.com/gonoodlefamilies>

[This Girls Can Disney Dance Routines](https://www.thisgirlcan.co.uk/activities/disney-workouts/) – An excuse to dance along to some great Disney songs, follow the routine on screen or just boogie to the beat. Labeled This Girl Can but suitable for everyone - <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

[Team GB and Paralympics GB: Get Set](https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity) – Initially set up to challenge schools to take part in the Travel to Tokyo Challenge ahead of the 2020 Olympics Games, this site now offers a ‘Travel to Tokyo’ home activity pack full of free activities, challenges and learning resources for parents to do indoors or in their garden with their children - <https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

[NHS Couch to 5k training programme](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/?tabname=couch-to-5k) – Get 5k ready with this beginner’s guide to running. Offering tips and guidance as well 9 week’s worth of podcasts to help you get 5k ready. Each week involves 3 runs so you will have plenty to go out. Probably better for parents than children, but not a bad way to get some me time. Make the most of the great outdoors while you can train in peace - <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/?tabname=couch-to-5k>

[British Cycling Ready Set Ride](https://www.readysetride.co.uk/) – Learn to ride with guidance and games created by those who know cycling best. Head to the website, download the app or follow them on twitter to make the most of the daily challenges on offer – website: <https://www.readysetride.co.uk/> Twitter: [@BritishCycling](https://twitter.com/BritishCycling)

If you have a favourite sport or activity and happen to own a twitter account. Search for the NGB and see what home fitness ideas and skills challenges they have to offer. Governing Bodies have been tasked with supporting their members and keeping the country active as such most will be offering something new every day.

Remember when heading outdoors to follow Government Guidance and practice social distancing - <https://www.gov.uk/coronavirus>





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60 Active Minutes – Daily Workout Options

[The Body Coach](#) – PE with Joe provides a daily fitness session that can be viewed live at 9am or played back at a time to suit. Fancy giving these a go, head to



and search PE with Joe

[Cbeebies Andy's Wild Workouts](#) – An great alternative to Joe Wicks, especially for younger kids. Get active with Andy, there appears to be at least 10 episodes of this all available to view on the



[Jump Start Jonny](#) – Get fit the fun way, high energy, music and madness. Tune in live each day at 9am or play back at a time to suit. Fancy giving these a go, head to



and search Jump Start Jonny

[Cosmic Kids Yoga](#) – Yoga and stories and fun. Copy the moves and follow the adventure. Looking for something a little more relaxine, head to



and search Cosmic Kids Yoga

[Mr Higgins Multi-Sports](#) – Indoor sports ideas with household equipment. Perfect for the less sporty and those that don't take life to seriously.

Mr Higgins is a PE teacher working in a SEN school and seems to be uploading a new video each day. Fancy throwing some socks, then check him out on



and search Mr Higgins Inclusive Indoor PE

Offered by Local School Sport Specialists

TB Sport – A PE learning hub, where you can download weekly challenge cards focusing on the following key concepts;

Fundamental Movement Skills for EYFS

Multi Skills combining running, jumping and throwing movements for KS1

Sport Specific Activities for KS2

or view daily PE Lessons with Mr Bingley

Follow TB Sport on



@officialTBSPORT

Or head to their website [www. https://www.tbsport.uk](https://www.tbsport.uk) and click on the PE Home Learning Hub to download the resources.

Next Level Sport – A different daily challenge fitness card and daily challenge video every day while schools are closed to keep children active.

Follow Next Level Sport on



@NextLevelSportX

Premier Education – Supporting children’s health and wellbeing at home we free and easy activities. Sign up to view a range of downloadable resources cards and videos - <https://www.premier-education.com/stay-active/>

