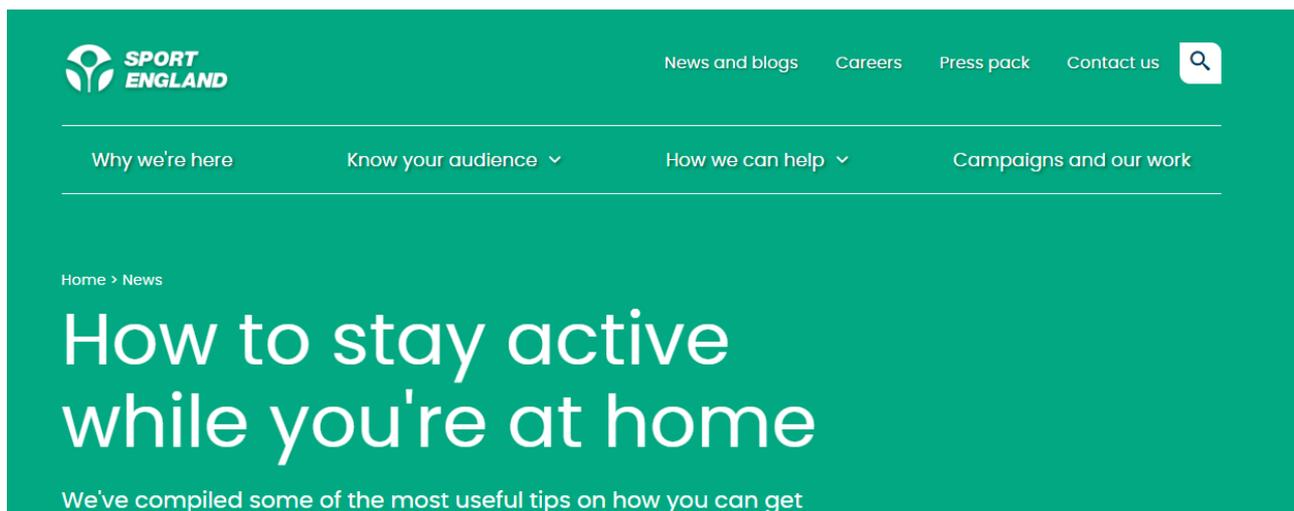


Activities to do at home

Due to the current school closures, I wanted to help schools to encourage children to remain healthy and active both physically and mentally. I have created this document for schools to share with their children to give suggestions on activities that can be done from home. This document is just a snapshot of what is available. The links on the pages will work by putting the website details into your search browser.

Please do contact me during this time if you need any advice for your children.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>



The screenshot shows the Sport England website header with navigation links: News and blogs, Careers, Press pack, Contact us, and a search icon. Below the header are four menu items: Why we're here, Know your audience (with a dropdown arrow), How we can help (with a dropdown arrow), and Campaigns and our work. The main content area has a breadcrumb 'Home > News' and a large title 'How to stay active while you're at home'. Below the title is a sub-headline: 'We've compiled some of the most useful tips on how you can get'.

Official advice recommends against non-essential contact and all unnecessary travel - including working from home if you can - which means our routines are going to be changing.

But staying active is more important than ever right now, and even if you're mostly in your house at the moment, there are plenty of ways you can still do so.

To help, we've compiled into one place some of the most handy exercise ideas that are out there for keeping active in and around your home.

And if you've found a great way to keep active online, use the hashtag **#StayInWorkOut** on social media to share it with others.

Remember to check government advice if you think you have any symptoms linked to coronavirus.

<https://www.youthsporttrust.org/free-home-learning-resources>

The screenshot shows the Youth Sport Trust website. At the top left is the Youth Sport Trust logo with a '25 YEARS' anniversary badge and the tagline 'Believing in every child's future'. To the right are navigation links: ACCESSIBILITY TOOLS, LOGIN, a search bar, and a DONATE button. Below this is a main menu with links: ABOUT US, OUR WORK, GET INVOLVED, PRIMARY PREMIUM, RESOURCES, and MEMBERSHIP. The main content area has a dark blue header with 'HOME' and 'YST FREE HOME LEARNING RESOURCES'. Below this is a paragraph: 'To best support schools, parents and young people during the ongoing coronavirus situation we are compiling a list of free-to-access resources which will aid learning at home. Please scroll down to access.' Below the text is a photograph of a young girl in a pink jacket and orange helmet riding a bicycle on a path, with a woman standing behind her. A gear icon is visible in the bottom right corner of the image area.

With more people self-isolating and school closures, the Youth Sport Trust are aiming to provide whatever assistance they can to allow people to learn, be active and enjoy themselves as much as possible. Please access any of the resources below, this will be regularly updated.

Primary Resources -Ready Set Ride resources

The Youth Sport Trust have been commissioned by British Cycling and HSBC UK to design resources to help children to learn to ride. Using an activity pack, online video resources and app, parents, teachers and carers are supported to teach children the essential skills needed to ride a bike while having fun playing together. [Click here for three free resources](#). Additional resources can be accessed by creating a free account.

Primary & Secondary Resources—Play Format videos

Our 'Play Formats' have been designed to encourage more active play and support children to engage informally in activity before accessing more formal sport specific variations. [Click here for YouTube playlist](#)

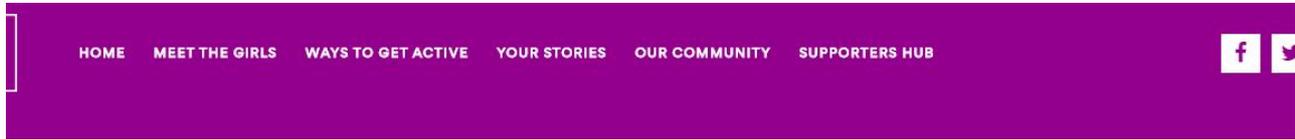
Personal Challenge videos

It is the mission of the School Games to provide 'more young people with the opportunity to compete and achieve their Personal Best'. This includes competing against oneself and others to improve personal performances with a focus on the process rather than the outcome (on the learning and values development of the young person rather than just the result). For some inspiration, watch some personal challenges created by young people, have a go yourself, or create your own. [Click here for YouTube playlist](#)

Inclusion 2020 activities

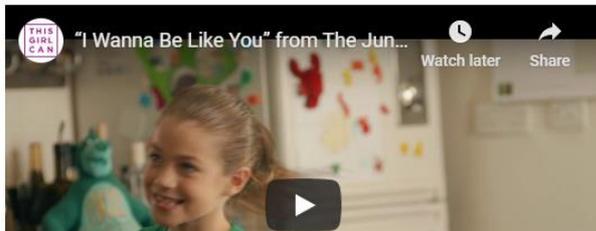
In this document (page 11 onwards) there's a wide range of inclusive formats to utilise. [Download the document](#)

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>



This Girl Can is all about celebrating women getting active, no matter how they like to do it. Partnering with Disney and real families across England, we've captured some of the ways mums and kids get moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun.

Cat and Sofia's "I Wanna Be Like You" from *The Jungle Book*



GETTING STARTED

EXERCISING WITH YOUR CHILD

Find out more about other ways you can get moving with your kids

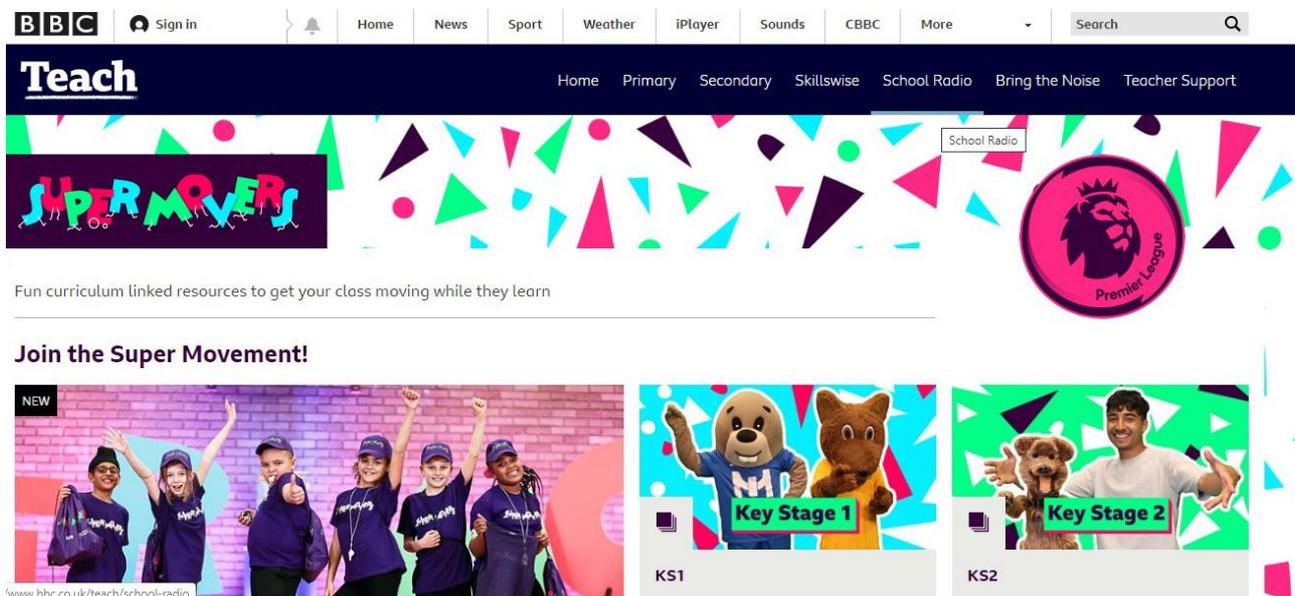
VISIT WEBSITE →

HOME EXERCISE

Find out more about ways you can get active at home

These Disney dance-alongs are a perfect, and fun, way to get active with the kids. The website has lots of activities that children and families can do at home, with ideas for dances through to games in the garden. Lots of activities to do, with easy to follow active learning videos covering topics such as division, number bonds and times tables.

<https://www.bbc.co.uk/teach/supermovers>



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

ACTIVE KIDS DO BETTER

RESOURCES HOW IT WORKS GET INVOLVED

ACTIVITIES

Get started by using our family-friendly activities and begin moving together in your living room, garden or local park.

The image shows a grid of four activity cards. Each card has a photograph of a family participating in an activity and a title below it. The activities are: 1. Balloonball: A woman and a child sitting on the floor with a yellow balloon. 2. Yoga: A man and a woman performing a yoga pose. 3. Ping Towel Pong: A woman and a child playing with a red towel. 4. Lights, Camera, Action!: A family sitting on the floor in a living room setting.

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

The image is a screenshot of a YouTube playlist page. The main video thumbnail shows a woman in a green shirt standing in a classroom-like setting with a '5 MINUTE MOVE' overlay. The playlist title is 'Kids Workouts To Do At Home' with 18 videos and 2,227 views. The channel is 'The Body Coach TV'. The playlist contains several videos, including '5 Minute Move | Kids Workout 1', 'Kids Beginners Workout', '5 Minute Move | Kids Workout 2', '5 Minute Move | Kids Workout 3', 'Active 8 Minute Workout 1', and '5 Minute Move | Kids Workout 4'. The YouTube interface includes a search bar, navigation menu, and a 'SIGN IN' button.

This website has different fun activities that can be undertaken at home with families. Joe Wicks has workouts that children can do at home on this YouTube channel. These are short bouts of activity that can be done at home as well as in the classroom.