

STAYING ACTIVE @ HOME



We all know how important it is to stay active now more than ever - here we have pulled together a few ideas to keep you and your children going through this challenging time.

The Government Website

Educational resources to support remote learning - Over the last two weeks, schools and teachers have stepped up to the challenge of keeping children learning remotely. To help you with remote lesson planning and support learning at home, Department for Education have published a set of high-quality resources, which will be updated over time. Four areas are listed for PE with include BBC, NHS, Disney and #ThisIsPE

[Click here to visit their website](#)

Cornwall Council

As parents and carers of children affected by the 2020 school closures, you can visit these pages on Cornwall Council's website to access a wealth of project resources, activities and support for keeping your children learning.

[Click here to take a look](#)

Healthy Futures

Healthy Futures will, provide a weekly food & activity log plus daily exercise videos to keep children active.

They are working with a number of organisations to create their daily home exercise videos & will also be sending out a resource pack which will include:

- **Fitness & Sporting Challenge Cards**
- **Active Monopoly!**

To receive these free resources straight to your inbox, [click here](#)

Succeedin PE

Succeedin PE & the PE Suite are offering schools an easy way to give their families PE, physical activity games & sports ideas.

All you have to do as a school is send the following link home to your families & they can begin accessing the content.

This link will be managed & updated by the Succeedin PE team in the event of schools being closed, the great thing is schools won't need to do anything once the families have the link.

[View the link](#)

imoves

imoves are offering every teacher the opportunity to sign up for their students to get free access to the imovement platform at home.

Pupils can stay active & healthy even if they can't go to school.

The platform offers fun, active learning resources that change daily & much more!

[Sign up now here](#)

Cosmic Kids Yoga & Mindfulness

Free online videos that can be watched & followed at home by children, adults & families alike.

Access themed yoga lessons, mindfulness activities & relaxation sessions from the comfort of your home.

[Take a look](#)

Real Play at Home

Create Development are making their real play at home resource free for any family to access whilst schools are closed.

Click here to view the real play at home video & preview what this looks like.

Any school interested should send an expression of interest email to: jasmine@createdevelopment.co.uk

AfPE: The Importance of Being Active

This leaflet contains information specifically for parents on the importance of keeping their children active.

It provides information on what outcomes children will get from an active lifestyle along with some tips on what parents can do to encourage activity.

[Download the document](#)



The Body Coach

Joe Wicks, The Body Coach, is holding LIVE PE sessions on his YouTube Channel every morning at 9am - great fun for kids and adults!

He has also produced a number of short, fun workout videos especially for children.

Everything is available on **The Body Coach YouTube TV channel** along with videos that adults/parents can access too.

[Visit his YouTube Channel](#)

Questr

Questr Scan & Seek have created an area on their website with free active English & Science games for parents & kids.

The activities will give parents the opportunity to support their children to have fun while they continue to learn at home.

[Take a look](#)

BBC Super Movers

The BBC Super Movers website contains a host of free online videos & fun curriculum linked resources to get children moving while they learn.

The videos feature a plethora of professional sportsmen & women as well as celebrities to engage children even further.

[Visit their website](#)

Go Noodle

Anyone can access these free online videos that encourage children to be active & have fun.

They engage 14 million kids every month with movement and mindfulness videos created by child development experts.

Available for free at school, home & everywhere kids are!

[Visit the website & share](#)

#StayInWorkOut

Finally, one for you teachers. Sport England have compiled some of the most useful tips on how you can get active when you're at home, if you're well enough.

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

[Take a look](#)

Teachstarter

An online platform for resources and lesson plans for teachers and parents to access to be able to provide structured learning for children.

Offer will be re-evaluated 31st March and the free trial lasts one month (no fees after this period)

[Click here to find out more](#)

They are also offering resources to help support parents in their children's learning which is not only curriculum specific, but also integrates mindfulness activities into the learning day too.

[Check them out here](#)

Online PE Sessions

Excelsior Athletic Training have some create online PE sessions you can take part in at home

[Check out their YouTube page](#)

Teach Active

Teach Active is a multi-award-winning online resource that provides teachers with lesson plans and resources to deliver the Primary Maths and English curriculum through physical activity

[Take a look](#)

The Wave Project

Take a look at this amazing activities book created by The Wave Project which includes 'design your own surfboard, colouring in, word searches and some great recipes.

[Download your book](#)

Association of Physical Education

afPE publishes a wide range of high quality resources specialising in Physical Education and School Sport.

[Check out their website](#)