



BERKSHIRE

ACTIVE@HOME

Supporting you to keep your pupils active

WEEK THREE
11.05.20

Activities to do at home....

YST have worked with their key partner Complete PE to produce home learning resources, including 60 second challenges and Active learning.



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



Change4Life

Their website has a number of resources to keep children active including indoor activities, 10 minute shake up activities and click below for the Fun Generator.



<https://www.nhs.uk/change4life/activities/sports-and-activities>

<https://media.nhswebsite.nhs.uk/change4life/fungenerator/#generator>



Each week, Chance to Shine will be uploading two new activities for children to try at home. Keep an eye out of their website, Twitter, Instagram and Facebook. They also have a variety of lesson plans available on the portal to support cricket coaching, including explanation videos and top tips. There are also cricket themed literacy and numeracy lessons.



<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak>





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Dan the Skipping Man

Have been producing videos for a variety of skills for everyone including how to skip and daily challenges on their You Tube Channel and Twitter and Instagram.



<https://www.youtube.com/dantheskippingman>

LETS GET KIDS MOVING

What's up SUPERHEROES? Your pupils can train along side their favourite superheroes, train like a jedi, or practice their wizarding skills, from the comfort of their home.



<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>



Something a little different.....

Super Movers

Active Learning Resources for KS1 and KS2 from the BBC. Resources for literacy and numeracy as well as Science and PSHE.



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





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COVID-19 Time Capsule

We are living in a historic period of time that will be history lessons of the future. This time capsule resource enables pupils to log their own story of living through this period of time for future generations.



<https://getberkshireactive.org/time-capsule-booklet>



PE Curriculum.....

#THISISPE

Short videos posted at 1pm on Monday, Wednesday and Friday that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each video, delivered by PE teachers, will focus on a different aspect of the National Curriculum, Supported by AfPE and YST.

<https://www.yorkshiresport.org/get-active/thisispe/>

