Please note with some of these resources they will involve equipment – which we know not all children will have at home. So try out ideas like rolling up socks to create a ball for example, empty plastic bottles as skittles, a hard back book as a tennis racket etc…

**FREE Resources that parents and carers can access at home**

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| **Resource**  | **What is it?**  | **Key Stage**  | **Link** |
| BBC Supermovers  | A huge range of resources from the BBC to keep children active. Many of the resources also link in with the primary curriculum. For example times table activities which involved you being active.  | KS1, KS2  | <https://www.bbc.co.uk/teach/supermovers> |
| Premier League Stars  | Another huge catalogue of resources using football as the tool to motivate, not just about being active but also linking activity with Maths, English and PHSE.  | KS1, KS2,KS3 (Year7/8) | <https://plprimarystars.com/> |
| Change for Life  | Ideas for quick 10 minute activities – themed around Disney. This page will also take you to the whole range of Change for Life resources around healthy living. There is also a page of inclusive activities as well on the site.  | EYFS,KS1,KS2 | <https://www.nhs.uk/10-minute-shake-up/shake-ups><https://www.nhs.uk/change4life/activities/accessible-activities> |
| Cosmic Kids Yoga  | Stories like Frozen, The Wizard of Oz told through Yoga. Great for all the family. | EYFS,KS1,KS2 | <https://www.youtube.com/user/CosmicKidsYoga>  |
| Youth Sport Trust  | Have brought together a selection of active home learning cards for parents to download.  | EYFS,KS1,KS2,KS3,KS4 | [www.youthsporttrust.org](https://www.youthsporttrust.org/coronavirus-support) |
| BBC Iplayer  | Andy’s Wild Workouts 10 minute fun interactive workout with CBeebies Andy going underwater, through the jungle pretending to be various different animals.  | EYFS, KS1 | <https://www.bbc.co.uk/programmes/p06tmmvz/episodes/guide> |
| Joe Wicks  | The ever popular Joe Wicks is doing a Fitness Session at 9am everyday. He also has lots of 10 minute workouts on his Youtube channel.  | KS1,KS2,KS3,KS4 | [Joe Wicks You Tube Channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)  |
| Go Noodle  | Lots of activity videos online including mindfulness and relaxation activities.  | KS1,KS2 | <https://www.gonoodle.com/> |
| Jump Start Johnny  | A huge array of fun fitness videos for primary aged children. Again included relaxation and mindfulness activities.  | EYFS,KS1,KS2 | <https://www.jumpstartjonny.co.uk/free-stuff> |
| Nike Active Kids Do Better | In partnership with UK Athletics easy activities with very little equipment the whole family can do at home.  | KS2, KS3 | <https://www.activekidsdobetter.co.uk/active-home> |
| LTA – Tennis at Home  | LTA have a series of videos for the family to take part in various tennis based activities. You will need tennis equipment for some of these.  | KS1, KS2 | <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/> |
| Davis Sport 60 second Challenge  | Easy fun challenges to complete in 60 seconds  | KS1, KS2 | <https://www.daviessports.co.uk/60-second-personal-challenge/>  |
| Yorkshire Sport  | PE lessons from PE teachers posted each week for families to do at home.  | KS1, KS2 | https://www.yorkshiresport.org/get-active/thisispe/ |
| Sportshall Athletics  | Take part in your own home pentathlon which is 5 Athletics events – jumping, throwing and running. All resources included and a virtual score card.  | KS1, KS2, KS3 | <http://www.sportshall.org/homepentathlon> |
| Daily Mile at Home  | The Daily Mile Team bring you the at Home Daily Mile for you to take part in as a family.  | KS1, KS2 | https://thedailymile.co.uk/at-home/ |

Social Media / Local content

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| **Resource**  | **What is it** | **Link** |
| Brighton and Hove City Councils Healthy Lifestyles Team Facebook page & Twitter page  | The healthy lifestyle team are posting lots of top tips to keep active, mental health, food etc..  | <https://www.facebook.com/BHhealthylife/>Twitter @BHhealthylife  |
| Active Sussex | They have a page of links and ideas to keep active.  | <https://www.activesussex.org/activeathome/> |
| Sussex Cricket  | They have also set up a series of challenges for you to have ago at.  | <https://www.facebook.com/sussexcricketfoundation/> |
| Streetfunk: Dance Fun & Exercise with JP Omari | Free dance exercise video with streetfunk | <https://vimeo.com/400891954?fbclid=IwAR1V17uwHsXjD29Mve0NysijsT4ze_XVHlc6yuxmWZ5ElanBEHCp7IMeyvE> |