**Physical Education, Sport and Wellbeing - Websites**

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| **Youth Sport Trust** | Youth Sport Trust have created some easy to follow activity cards with fun challenges and PE activities for children at home. The aim is to help parents/carers bring the ideas to life within their home environments (inside or outside) – and can be adapted to suit a range of ages abilities.  <https://www.youthsporttrust.org/free-home-learning-resources-0> |
| **Topsportsability**  **Inclusive PE & Sport** | Fantastic online resource of Inclusive PE & Sporting activties and ideas for young people with **Special Educational Needs & disabilities.** Free at <https://www.topsportsability.co.uk/>  Sign up using the Inclusion Lead Code: YSTINCLUSION25 |
| **FA Girls Football in Schools** | A fantastic website to access resources, ideas, useful information and links to help you grow girls’ football.  <https://www.girlsfootballinschools.org/> |
| **Real Play** by  Create Development | Create Development’s **real play** at home supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges, of fun and activity for every family!  Email [**jasmine@createdevelopment.co.uk**](mailto:jasmine@createdevelopment.co.uk) for further information.  <https://vimeo.com/398010428> |
|  | **Age range: KS1 and KS2**  Joe Wicks will be conducting daily PE lessons for children of primary age at 9am each day during the school closure. Visit his YouTube channel:  <https://www.youtube.com/watch?v=K6r99N3kXME> |
| **Andy’s Wild Workouts -BBC iPlayer** | **Age range: EYFS, KS1**  Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure.  <https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts> |
|  | **Age range: KS1 & KS2**  Premier League Primary Stars have created activities covering **English, Maths, PE, Health and Wellbeing.** <https://plprimarystars.com/news/home-learning-activities-school-closures> |
|  | **Age range: EYFS, KS1 and KS2**  Yoga, mindfulness and relaxation videos.  <https://www.youtube.com/user/CosmicKidsYoga> |
|  | **Age range: KS1 and KS2**  Just Dance is a YouTube channel featuring guided dancing sessions to popular songs.  <https://www.youtube.com/watch?v=RefJ2QOsVLo> |
|  | **Age range: EYFS, KS1 and KS2**  Movement mindfulness and relaxation videos  <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/> |
| **Chance to Shine Cricket** | Chance to Shine provides cricket and class room based activities for teachers and parents/carers. These are free on the Resource portal: <https://teachers.chancetoshine.org/s/login/?ec=302&startURL=%2Fs%2F> |
| **BBC Supermovers** | Super movers - <https://www.bbc.co.uk/teach/supermovers> |