**Resources to support PE at home and daily physical activity challenges**

Please find below a list of resources we have identified to support the schools during the period of Covid-19 lock down and partial school closure. For more information on any of the resources please contact us:

1. LEARNING & DISCOVERY PERSONAL CHALLENGE DAYS

The YST has made available resources four key sports to engage young people in inclusive activities – New Age Kurling, Athletics, Seated Volleyball and Badminton.

<https://www.youthsporttrust.org/inclusion-2020-challenge-days>

Learning and Discovery Pack – At Home

Learning and Discovery Pack – School Based

Learning And Discovery Pack - Unrestricted

Instruction videos from Ken Black and Paralympic Swimmer – Kate Grey

2. Panathlon has adapted their Multi Skills activities so children can do them over the holiday period. Please see the link

<https://panathlon.com/panathlon-launches-at-home-sporting-challenges/>

3. **MOTOR ACTIVITIES TRAINING PROGRAMME WORKSHOPS - Training courses for working with PMLD/Complex Needs**

MATP virtual training – Special Olympics chose a date below:

October 23rd [https://eventbrite.co.uk/e/motor-activities-training-programme-workshop-matp-tickets-124979648493…](https://t.co/an1N1thjcd?amp=1)

12th November [https://eventbrite.co.uk/e/motor-activities-training-programme-workshop-matp-tickets-124979967447…](https://t.co/klXGN5yahH?amp=1)

26th November [https://eventbrite.co.uk/e/motor-activities-training-programme-workshop-matp-tickets-124980418797…](https://t.co/Y2EcysSIeB?amp=1)

3rd December- [https://eventbrite.co.uk/e/motor-activities-training-programme-workshop-matp-tickets-124980625415…](https://t.co/Img1VjQonS?amp=1)

**4. Topsportsability Online Resource:**[**www.topsportsability.co.uk**](http://www.topsportsability.co.uk/)

Register using the password: CENTRAL LONDON: YSTINCLUSION25

**5. Introduction to TOPSPORTSABILITY Workshops**:

4th November 1-3pm & 3.30-5.30pm

9th November 1-3pm

27th November 9.30-11.30am  & 1st December 10,30-12.30

<https://www.eventbrite.co.uk/e/top-sportsability-virtual-workshop-tickets-122558905987>

**6. Other courses and resources:**

All about Autism, All about me \_ E-Learning Course click:  <https://www.youthsporttrust.org/all-about-autism-all-about-me>

**This is PE: YST Webpage:**<https://www.youthsporttrust.org/free-home-learning-resources-inclusion>

Department for Education launched a new online resources to inspire children to get active.You can view them [**here**](https://www.youtube.com/playlist?list=PL6gGtLyXoeq9x1LWHPUs94TB8HQZfGoCq).

LimbPower – Brand new resource to increase engagement in PE & sport for young people with an amputation or limb impairment. [*https://www.limbformation.com*](https://www.limbformation.com/)