



Physical Activity Ideas

Key Indicator 1: The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5-18 engage in at least 60 minutes physical activity a day, of which 30 minutes should be in school.

Here are some useful **FREE** resources to get your children moving:



[NPCAT Sport YouTube Channel](#)

1) **PE Passport** [Home Learning](#)

There are a range of videos including some gymnastics, dance, yoga and movement skills and a set of personal challenges designed to help children be more active. There are also some cross curricular activities - Moving Maths and Lively Literacy which you can access here or on the PE Passport app.

2) **Boogie Beebies** [CBeebies - Boogie Beebies](#)

Videos that get younger children up and dancing with CBeebies presenters.

3) **Active Kids do Better** [Active Classroom resources](#)

Use these ready-to-go videos to help motivate and energise your kids so they can achieve more.

4) Cosmic Kids Yoga [Cosmic Kids Yoga](#)

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness.

5) Super Movers [Super Movers](#)

Videos which help children move while they learn. They support curriculum subjects, including Maths and English.

6) Active at Home [Succeed In](#)

The ACTIVE AT HOME programme allows children, parents, friends and family to keep active. There are lots of useful video clips and links to use in school too!

7) NHS – Change 4 Life [Activities for Kids | Change4Life](#)

This website shares a number of links and ideas for fun home based activities at home, many of which link with other curriculum areas.

8) Disney [Disney Shake Up Games | 10 Minute Shake Up | Change4Life](#)

10-minute activities based on Disney films.

9) Go Noodle [GoNoodle | Get Moving](#)

GoNoodle® engages kids with movement and mindfulness videos created by child development experts.

10) Just Dance [YouTube Channel](#)

A range of music videos from the popular game.

11) imoves <http://themovement.com/>

- Quick Blasts
- Active Blasts with supporting activities for Maths and Literacy
- Mental Wellbeing resources to support anxiety, mood and emotions

12) The Body Coach [5 Minute Move | Kids Workout](#)

These short 5 minute blasts are designed to be used in the classroom to help keep kids moving and staying healthy and positive.

13) The Daily Mile [The Daily Mile UK](#)

The Daily Mile can help schools to build their children's fitness and improve their emotional and mental health – all outdoors in the fresh air.

14) Questr [Scan and Seek](#)

Building an Active Curriculum - 50+ interactive QR code games using mobile technology to stimulate learning in English and Science which encourage kids to sit less, move more and learn better.

15) Jump Rope [Challenge](#)

Jump Rope UK have created a jump rope challenge for all schools to keep fit and learn new skills.

16) KIDZ BOP UK [Dance Alongs](#)

Get the whole family moving with KIDZ BOP!

17) Jump Start Jonny [Free Workouts](#)

Jump Start Jonny is on a mission to get kids fit! His fun workouts and chill-out videos are loved by over 250,000 Jumpsters in schools and homes worldwide! Get jumping today!

18) Get Set [Tokyo Ten Activities](#)

Children can try new activities and active games, practise their coordination and balance, and get creative with their movements.