



Home Learning Ideas

Physical Activity and PE at Home

The Chief Medical Officer guidelines recommend that all children and young people aged 5-18 engage in at least 60 minutes of physical activity a day.

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



1) PE Passport [Home Learning](#)

There are various personal challenges, daily activities, physical activity videos that can be used at home and link to the NPCAT PE Curriculum.

2) Active Kids do Better [Active Home Resources](#)

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

3) 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.

4) Super Movers [Super Movers](#)

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

5) SucceedIn [Active at Home](#)

The ACTIVE AT HOME programme allows children, parents, friends and family to keep active.

6) NHS – Change 4 Life [Activities for Kids](#)

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

7) Disney Shake Up Games

10-minute activities based on Disney films.

8) Go Noodle Get Moving

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

9) Just Dance YouTube channel

A range of music videos from the popular game.

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

The FREE resources include:

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

11)The Body Coach 5 Minute Move | Kids Workout | The Body Coach TV

These short 5 minute blasts are designed to help keep kids moving and stay healthy and positive.

12) CBeebies Boogie Beebies

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

13) Jump Rope Lockdown Challenge

Jump Rope UK have created a lockdown jump rope challenge to keep children fit and learn new skills.

14)Youth Sport Trust YouTube Channel

The Youth Sport Trust have a variety of video challenges, including those used as part of their After School Sport Club throughout December, to keep children fit and learn new skills.

15) The Little Gym at Home YouTube Channel

Looking for activity videos for your 3-6 year old or 6-12 year old? Look no further - you've found a treasure chest of exercise and fun! These gymnastics videos will give your child an appropriate bite-size workout.

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) #This is PE PE at Home

Short two-minute videos have been created that show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together.

19) Youth Sport Trust Primary PE Activities

These activity cards/videos cover all PE curriculum areas and can be used to support home learning.

20) Think Active A-Z Challenge

A challenge for every letter of the alphabet!

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21) Primary PE Planning Home PE

Home PE is a free activity challenge to get children to stay active and keep fit while at home.

22) Premier Education Physical Activity Resources and Health & Wellbeing Resources

With families stuck at home, Premier Education have put together a range of free resources for parents to access and utilise as part of their home learning.

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

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

24) [Premier League Primary Stars](#)

To support those looking for ways to educate and entertain children aged 5-11 and keep them active, you will find a selection of curriculum-linked resources available for home learning without any need to register.

25) [Get Set 4 PE Active Families](#)

Active games to help your children move more at home.

