

## Virtual Physical Activity Resources

Resource	Description
<a href="https://londonsport.org/covid-19/stayinworkout-resources/covid-19-children-and-young-people-resources/">https://londonsport.org/covid-19/stayinworkout-resources/covid-19-children-and-young-people-resources/</a>	Physical activity must be a vital part of every child's day and London Sport have worked hard to make activity at home widely available and accessible providing a range of free and low-cost activities.
<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a>	Joe Wicks' daily PE lessons for children of primary age at 9am each day during the school closure. Visit his YouTube channel. Age range: EYFS, KS1 and KS2
<a href="#">The imovement   imoves</a>	Lovely daily exercise activities that can be done at home. The exercises also have other suggested activities linked to them.
<a href="#">20DV Diversity – Dance tutorials online</a>	Our easy to learn dance classes range from beginner to advanced and are uploaded weekly. So if you got tons of dance experience or just starting out, already go to classes or just go solo in your bedroom. There will be tutorials suited to you so you can learn at your own pace
<a href="#">Better at Home   Free Virtual Exercise Classes   Activities for Kids</a>	<p>If you're looking for inspiring home gym classes to start or maintain your at-home fitness routine, the virtual classes feature on the Better UK app, allows members to access a free library of 600 online fitness classes.</p> <p>Classes range from 15-60 minutes in length and include exercises and workouts run by the world's top instructors, across a range of categories, including strength and conditioning, weight loss and mind-body.</p>
<a href="#">10 Minute Shake Up games – Healthier Families - NHS (www.nhs.uk)</a>	These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!
<a href="#">HSBC UK Ready Set Ride</a>	British Cycling have designed resources to help children to learn to ride. Using an activity pack, online video resources to support parents, teachers and carers to teach children the essential skills needed to ride a bike while having fun playing together. Additional resources can be accessed by creating a free account.
<a href="#">Search - Youth Sport Trust</a>	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 and outside) – and can be adapted to suit a range of ages and abilities.
<a href="#">Family Fit   Couch to Fitness</a>	Get involved with FREE daily fun online activities with your family with Couch to Family Fit. List of fun interactive videos and online support to help keep all members of your family healthy .

<a href="#">TOP Sportsability - Youth Sport Trust</a>	<p>Fantastic online resource of Inclusive PE &amp; Sporting activities and ideas for young people with <b>Special Educational Needs &amp; disabilities</b>. Sign up using the Inclusion Lead Code: YSTINCLUSION25</p>
<a href="#">Family Fit   Couch to Fitness</a>	<p>ukactive and Nike have just launched Move Crew, a set of activity missions designed to help kids unlock their 60 minutes of daily recommended activity. Move Crew was created using the expertise of primary school staff, elite athletes, children and coaches, to support school staff, parents and carers by setting daily activity missions which can be completed either at home with family members.</p>
<a href="#">Online Dance Classes for Young People - YouTube</a>	<p>Join The Place Partner Schools teachers for bite size classes for young people online! These are free, short classes for young people to get dancing and get creative from home. No prior dance experience needed, just lots of enthusiasm! These videos were created as part of The Place's Partner Schools programme. This video is recommended for primary school age.</p>
<a href="#">Football's Staying Home - Get Involved   The Football Association (thefa.com)</a>	<p>The FA have provided tips to staying safe and healthy to football activities to keep your body and mind active – explore how you can make the most of football staying home</p>
<a href="#">SuperKicks   England Football</a>	<p>A wide range of fun active videos to help develop your football skills by qualified FA coaches. Fun challenges and learning resources to get you ready for the game.</p>
<a href="#">#FIGHTTOGETHER Kids Boxing – Rathbone Boxing Club</a>	<p>LGBTQ Fight Together Boxing Project is <b>free</b> and available for children and young people aged 5-11 years old every Monday. To join the session and for further information please visit the <a href="#">Rathbone boxing website</a>.</p>