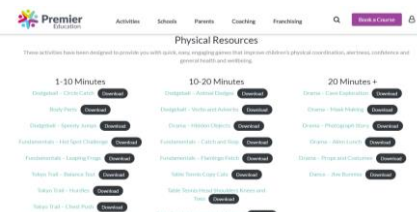
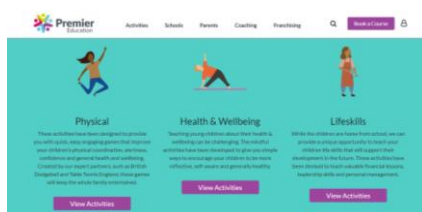


Online PE and physical activity ideas.

Websites for everyone

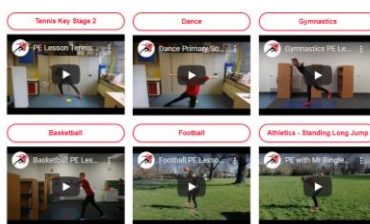
1. <https://www.premier-education.com/stay-active/>

Follow the link and all you need to do is sign up with an email address. You will be given the choice of many quick, easy games that are aimed at improving coordination, confidence and health and wellbeing. Most of these do not need equipment.



2. <https://www.tbssportuk/pe> - (My favourite resource!)

They have videos, guidance sheets for adults and they are releasing weekly skills cards for reception, key stage 1 and key stage 2. Some need equipment, but you can be creative and use anything you have available!



3. <https://activefusion.org.uk/pe-from-home/>

All that is needed is a name and email address and they will provide game cards for activities that last 15-20 minutes. They are easy to follow and progressive. There are some activities that require equipment, but be creative with this!



Reception, Year 1 and 2

https://www.youtube.com/user/CosmicKidsYoga	No log in needed
https://www.gonoodle.com/for-families/	Family log in
https://www.youtube.com/channel/UCAc-5mZnjsbxQ2T4tYfxWoQ	YouTube channel
https://www.bbc.co.uk/iplayer/episodes/p06tmmwz/andys-wild-workouts	No log in needed
https://www.bbc.co.uk/programmes/b006mwsc	No log in needed
https://www.nhs.uk/10-minute-shake-up/shake-ups	No log in needed

Year 3,4,5 and 6

https://www.youtube.com/user/CosmicKidsYoga	No log in needed
https://www.gonoodle.com/for-families/	Family log in
https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q	Already used in lots of our classrooms
https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/	Fab resource covering national curriculum PE aspects for all the family
https://www.activekidsdobetter.co.uk/active-playground	Videos, no log in required
http://www.sportshall.org/homepentathlon	Something for the whole family!
https://www.youthsporttrust.org/pe-home-learning	No log in required
https://www.getset.co.uk/resources?type%5B%5D=all&subjects%5B%5D=all&ageGroups%5B%5D=all&campaign=home-learning	No log in required
http://www.thinkactive.org/wethinkactive/kids-active-learning/a-z-challenge/	No log in required
https://www.youtube.com/user/justdancegame	One for the budding dancers!
<u>RB Gym & Sport LTD post daily videos and challenges on Facebook</u>	

St Francis Challenge

We want everyone at school to travel a mile while we are closed!

A mile is roughly 2,500 steps which is the same distance as walking from St Francis to Falmouth School!

You can complete this challenge outside in your garden (if you have one), you can complete it walking up and down your stairs or maybe you can complete it during your daily exercise allowance.

You do not need to complete this in one day, maybe you can do 100 steps a day? Can you record it in a table?

You can also get creative with this challenge, can you do some star jumps instead of steps? Can you walk some of it on your hands? Can you do some kick ups with a football and count these towards your steps? The more creative the better!

We would like you to tell us when you have completed the challenge so that Mrs Medlyn can record it on a big chart and when we return to school we can see how far we travelled as a school! Good luck!