

Daily Physical Activity Links

Mindful that there are so many links for PE and Physical Activities to sift through on the internet, we thought it may be helpful to compile a central list and organise them into daily and general activities for you. In the following four pages you will find a collection of links for Physical Activities and PE and home schooling ideas, for children, teachers, and parents.

Specific Day activities

<u>Tuesday</u>	<ul style="list-style-type: none"> • After School Cub [Youth Sport Trust]. https://www.youtube.com/user/YouthSportTrust • Healthy Movers [Youth Sport Trust]. Twice weekly. Video library of previous after school sessions too. https://www.youthsporttrust.org/healthy-movers-programme
<u>Wednesday</u>	<ul style="list-style-type: none"> • Michael Richardson Football 10am Academy https://www.youtube.com/c/MRFAessex • Braintree Martial Arts Centre 6.00pm Join Zoom Meeting https://us02web.zoom.us/j/87950546568?pwd=MnpzWWxJbERpblc2c3Jwa3NiSkRkUT09 Meeting ID: 879 5054 6568 Passcode: 318952
<u>Thursday</u>	<ul style="list-style-type: none"> • After School Cub [Youth Sport Trust]. https://www.youtube.com/user/YouthSportTrust • Healthy Movers [Youth Sport Trust]. Twice weekly. Video library of previous after school sessions too. https://www.youthsporttrust.org/healthy-movers-programme
<u>Friday</u>	<ul style="list-style-type: none"> • 5.45pm Beginners Kickboxing Join Zoom Meeting https://us02web.zoom.us/j/88294418963?pwd=VjNoRStGV21mMDE5YUY1TjFoNnpPdz09 Meeting ID: 882 9441 8963 Passcode: 475657

- **Multi-Sports – Essex Professional Coaching.** Weekly.
https://www.youtube.com/playlist?list=PLGu1Saq8cwQxOTk8OVGFIEI70R6HvaQ_Cc
- **Cricket – Chance to Shine.** Weekly.
<https://www.youtube.com/playlist?list=PLdD6u9OsMyMva1KFhkHZiv8f2Q9xiwHT->
- **Cricket for Girls.** Weekly. Lydia Greenway (former England cricketer) shares insightful training videos to support girls on their cricketing journey.
https://www.youtube.com/channel/UCT7YP-H4M_776n6rc-RrbpQ
- **Healthy Movers [Youth Sport Trust].** Twice weekly. Video library of previous after school sessions too.
<https://www.youthsporttrust.org/healthy-movers-programme>
- **After School Cub [Youth Sport Trust].** (Tuesday, Thursday). Twice weekly. Video library of previous after school sessions too.
<https://www.youtube.com/user/YouthSportTrust>

Specific Day Activities continued

- **(Wednesday) Michael Richardson Football Academy**

A 'Football and Fitness' session released at 10am every Wednesday (starting next week) - the session can be done at any time.

<https://www.youtube.com/c/MRFAessex>

- **(Wednesday) Braintree Martial Arts Centre**

Wednesday 6.00pm Beginners Karate

Join Zoom Meeting

<https://us02web.zoom.us/j/87950546568?pwd=MnpzWWxJbERpblc2c3Jwa3NiSkRkUT09>

Meeting ID: 879 5054 6568

Passcode: 318952

- **Friday 5.45pm Beginners Kickboxing**

Join Zoom Meeting

<https://us02web.zoom.us/j/88294418963?pwd=VjNoRStGV21mMDE5YUY1TjFoNnpPdz09>

Meeting ID: 882 9441 8963

Passcode: 475657

- **Golf Foundation.** Weekly. ideas and suggestions on how youngsters and families can easily enjoy

<https://www.golf-foundation.org/young-people/golf-at-home/>

- **Ultimate Frisbee.** Weekly. suitable for KS2

children. <https://www.youtube.com/playlist?list=PLHG2h5XSSyAOH4hvkCVC0vO0JkQ2sKNbv>

- **Multi-Sports – Essex Professional Coaching.** Weekly.

https://www.youtube.com/playlist?list=PLGu1Saq8cwQxOTk8OVGF70R6HvaQ_Cc

- **2nd Kazen Kai martial arts lesson**

<https://youtu.be/PLI2HTtZBb0>

General/Daily Activity Links

- **Change4life Activities for Children**

<https://www.nhs.uk/change4life>

- **Cosmic Kids Yoga – Youtube**

https://www.youtube.com/results?search_query=cosmic+yoga+

- **Joe Wicks Kids Workouts – Youtube**

HIIT (High Intensity Interval Training) sessions for children (5min videos can be done in a small space), Kids Workout – The Body Coach TV. Every morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel

https://www.youtube.com/results?search_query=joe+wicks+kids+workout

General Daily Activities continued

- **Twinkl.co.uk** <https://www.twinkl.co.uk/search> An online site for resources of every aspect of the curriculum. They have made many of them free for parents at this time. They have also teamed up with Joe wicks to make ks1 and ks2 resource cards for physical activity. Really worth a look.
- **Go Noodle**
www.gonoodle.com Free to sign up for families and educators
- **BBC SuperMovers**
<https://www.bbc.co.uk/teach/super-movers/super-movers-day/zbmnnrd>
- **Imovement** : To sign up, all you need to do is use the link join.theimovement.com its free to join just click on the link or follow on twitter @imovesactive The imovement is separate to their paid for imoves and will be 100% free.
- **Chance to Shine** –
Weekly Cricket activities free of charge. Sign up to the FREE Chance to Shine Portal for more cricket activities to do at home. Use this link : bit.ly/CTSparents.
- **The Active Essex website**
For ideas for physical activities at home: www.activeessex.org
They have some instructors, colleagues and friends of Active Essex doing free LIVE workouts and activities on Active Essex YouTube, feel free to join... <https://www.youtube.com/channel/UC6884snA6rAX34ohUayf7gA>
- **Youth Sport Trust** <https://www.youthsporttrust.org/pe-home-learning>
They have a range of activity cards for you to try and you can download them. There are also video guides for each card. Find a daily activity by following them on Twitter @YouthSportTrust
- **BBC Bitesize** <https://www.bbc.co.uk/bitesize>
You will find Daily Lessons here. Bringing three new lessons everyday. You will find lessons and video clips, activities and more in all different subjects including PE
- **School Games Play Formats**. Daily. Lots of ideas for fun at school. Kids can change them up, make them easier or more difficult!
<https://www.youtube.com/playlist?list=PLX9GnyQdxaf5NUXnlP-PCQ4ssc2tjnRUr>
- **Active Classroom resources**. Daily. Ready-to-go videos to help motivate and energise children so they can achieve more. The short videos demonstrate the movements and they can be used on their own or mix and match for any period of time.
<https://www.activekidsdobetter.co.uk/active-classroom>
- **This is PE SEND Primary & Secondary activities**. Daily. PE resources to support in-school and remote learning for children and young people with Special Educational Needs and Disabilities (SEND) at school or at home.
<https://www.youthsporttrust.org/thisispe-send-activities>
- **Personal Challenges**. Daily. Created by young people for young people.
https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pe51k7lIPi4je

General Daily Activities Continued

- **Complete PE.** Daily. home learning resources
<https://www.youtube.com/playlist?list=PLnwoPgo24bhmqV8Y76iXnwYw9T9A1xbqJ>
- **This is PE Primary Multi-skills.** Daily.
https://www.youtube.com/watch?v=IvySZYSZFNY&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=2
- **This is PE secondary activities.** Daily. Multi sports for KS3 & KS4. All videos have been filmed by secondary PE teachers who are part of the Youth Sport Trust Secondary PE.
<https://www.youthsporttrust.org/free-home-learning-resources-secondary>
- **Panathlon – Multi skills challenges.** Daily.
<https://www.youtube.com/playlist?list=PLosqaOxEJvz1jaZjZqzahSWaF80Ij6Blw>
- **WheelPower.** Daily. Exercises at Home.
Primary <https://www.youtube.com/watch?v=BcY1WD8kTrM>
Secondary https://www.youtube.com/watch?v=bxQR_646q0U
- **Lawn Tennis Association.** Daily. Home Activities hub - it's full of activities for the whole family.
<https://www.lta.org.uk/play-competel/ta-youth/tennis-at-home/#>
- **Athletics - Sportshall at Home.** Daily.
https://www.youtube.com/watch?v=o0PH0Z88SMs&list=PL6DK6xTdLkmwBkVBukZZ2L_oTT6VXE_rNO
- **Indoor Games - Fundoor.** Daily.
https://www.youtube.com/playlist?list=PL8F2XWREhvaMgZsA_Id0UISEntfZxld6D

Resources and Links for teachers and parents

The following links offer access to free video “how to – at home” resources for teachers and parents.

- Imoves <https://platform5.imoves.com/sign-up>
- TeachActive: <https://www.teachactive.org/2021/01/remote-learning-lessons-for-lockdown-now-available/>
- Real PE: <https://jasmineactive.com/news/free-home-learning-resources-with-real-pe-at-home>
- <https://www.inspiregirlsfootball.com/book-online>
- <https://www.activeessex.org/keep-essex-active-youtube/>
- <https://www.wheelpower.org.uk/sport-events/wheelpower-online-exercise-class-ella>