

| Activity Programmes | Recommended for use at: | |
|--|-------------------------|------|
| | School | Home |
| <p>Joe Wicks - The Body Coach Youtube channel . 30 minute workout Monday - Friday at 9.00am for as long as schools are closed. Click Here to Access</p> | ☒ | ☒ |
| <p>Premier Sport Resource to help schools and parent's keep their children active. Includes activities focusing on Physical / Wellbeing / Lifeskills in PDF format Click Here to access See separate email with letter for parents</p> | x | x |
| <p>Tenergy A borough programme – 10 minutes of physical activity everyday, anywhere anytime. Log on to the borough schools intranet or via http://ngfl.bdcs.org.uk Click on GO 365, Health (in green) Get Active and then select video resources you would like: Six Fitkid video works outs - easy to follow exercise to music routines 65 one minute energy blasts Get Strong : the 101 Strength and Conditioning Games and Activities are suitable for primary school pupils in years 5/6 and secondary aged pupils in years 7-11. Tenergy+ resource pack of skipping; games; circuits and chaitastic cool down activities</p> | ☒ | ☒ |
| <p>Youth Sport Trust - Stay Home Stay Active Fun Challenges and PE activities for school and home. Activity cards in PDF format. Click Here to access</p> | ☒ | ☒ |
| <p>Disney Shake Up Games 10 Minute Shake Up Change4Life 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! Click Here to access</p> | | ☒ |
| <p>BBC Super Movers Fun curriculum linked resources to get everyone up and moving Click Here to access</p> | | x |
| <p>This Girl Can – Disney Dance Along (For boys too) This Girl Can is all about celebrating kids getting active, no matter how they like to do it. Series of short dance routines - learn the moves or put your own spin on the routines. Click Here to access</p> | ☒ | ☒ |

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| Premier League Primary Stars Free home learning activities - school curriculum linked resources covering Physical Activity, Health and Wellbeing, English and Maths Click Here to access | ☒ | ☒ |
| Sport England – Stay In, Work Out Fun and creative ideas on how to get active at home Click Here to access | X | ☒ |
| Cosmic Kids Yoga Yoga, mindfulness and relaxation videos with Jamie Click Here to access | ☒ | ☒ |
| Imoves Make learning active and fun at home for 4 – 11 year olds - free fun activities for parents to keep children happy, healthy and focused. Also FREE access for schools to Active Schools Package (normally £995) for duration of school closures Click Here to access | X | x |
| Cricket - Chance to Shine (primary and secondary age) National charity that aims to give all children the opportunity to play, learn and develop through cricket. Schools can sign up for free resources Parents can access new activities uploaded each week for children to try at home. Click Here to access | ☒ | ☒ |