

Physical Education, Physical Activity and School Sport are proven to support children and young people with their academic achievement, personal development, social skills, health and emotional wellbeing and leadership skills. During an isolation period it is even more crucial that children complete some physical activity each day. If you are lucky enough to have a garden, children should be encouraged to spend time being active outdoors each day, regardless of the weather. Here is a selection of activities you can complete at home with your child, no matter what their age or skill level. **Always supervise your child when they access the internet.**

Dance	<p>Creative Movement - https://www.youtube.com/watch?v=pWus22nTVI&t=28s</p> <p>Directions through Dance - https://www.youtube.com/watch?v=8y4ha3g53eQ</p> <p>Just Dance – YouTube (Please support children in choosing suitable songs.)</p> <p>Kidz Bop UK – https://www.youtube.com/channel/UCsMXYJDvYOAHPaDZ4QRuqVA</p> <p>Go Noodle - https://www.youtube.com/user/GoNoodleGames</p> <p>Born to Move - https://watch.lesmillsondemand.com/born-to-move-free</p> <p>Sid Shuffle - https://www.youtube.com/watch?v=uMuJxd2Gpxo</p> <p>The Cupid Shuffle - https://www.youtube.com/watch?v=5_srg-18Fz0&feature=youtu.be</p>
Gymnastics	<p>Rock and Roll - https://www.youtube.com/watch?v=DcGFteFryoA</p> <p>Basic Shapes - https://www.youtube.com/watch?v=RDWICVb7Aac</p> <p>Shapes and Travel - https://www.youtube.com/watch?v=vXQ9XpOSIYE&t=2s</p> <p>Yoga - https://www.youtube.com/user/CosmicKidsYoga</p> <p>Trampolining (if you own one)</p> <p>Twister</p>
Sports / games skills	<p>Coordination and Control - https://www.youtube.com/watch?v=IvySZYSZFNY&t=25s</p> <p>King of the Cones - https://www.youtube.com/watch?v=GxN9cYj6eX8</p> <p>Agility- https://www.youtube.com/watch?v=IaNjXnB-79U</p> <p>Flat Target Accuracy - https://www.youtube.com/watch?v=dxnX2W3LcDY</p> <p>Agility and Throws - https://www.youtube.com/watch?v=gRRnI3vB1WI</p> <p>Sock Wars - https://www.youtube.com/watch?v=TUA9CqMxI8k</p> <p>Striking for Distance - https://www.youtube.com/watch?v=g4aNXE3i7AE</p> <p>Reaction Wall - https://www.youtube.com/watch?v=D_KaDUryDes</p> <p>Throwing Techniques - https://www.youtube.com/watch?v=tQO0kwC-mmI</p> <p>Footwork Patterns - https://www.youtube.com/watch?v=Ifr8pSPEhE&t=17s</p> <p>Throwing for Accuracy - https://www.youtube.com/watch?v=tHRvquNkF1Q&t=16s</p> <p>Balloon Blasting - https://www.youtube.com/watch?v=08AlvWfmJlo&t=1s</p> <p>Agility - https://www.youtube.com/watch?v=cUy-nGjLWQM</p> <p>Catching - https://www.youtube.com/watch?v=NDZhgfrmogA&t=2s</p>
Athletics	<p>Five-to-One - https://www.youtube.com/watch?v=1p4uz6uxbo8&list</p> <p>Treasure Chest - https://www.youtube.com/watch?v=tT5cjM3m_Tk</p> <p>Lily Pad Jump - https://www.youtube.com/watch?v=pbmO3ZRREHE&t=27s</p> <p>Jumping Combinations - https://www.youtube.com/watch?v=cRjO1IGwbLo&t=43s</p> <p>Joe Wicks - https://www.youtube.com/playlist?list=PLYClOpd4VxBvPHOpzoEk5onAEbq40g2-k</p> <p>PE with Joe - https://www.youtube.com/c/TheBodyCoachTV/playlists</p> <p>Obstacle course indoors or outdoors.</p> <p>Hopscotch.</p> <p>Teddy Bear Jump - https://www.youtube.com/watch?v=whPptTaKMTA</p> <p>The Sweat Box - https://www.youtube.com/watch?v=ILpC4NaPoY</p>
Outdoor Adventurous Activities	<p>Horizontal Climbing - https://www.youtube.com/watch?v=jSP-fWmk36A&t=7s</p> <p>Orienteering - https://www.youtube.com/watch?v=NCjNvdHzGc0</p>

You can also access the Youth Sport Trust Sports Week at Home Activities that we used in the summer term. These are attached.

The BBC Bitesize site also has some activities related to Physical Education.

Lots of these activities focus on the fundamental movement skills which support children in all areas of PE. It is crucial that children master the fundamental movement skills to support them with their everyday life and future sports activities.