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| **Resource** | **Description** | **Link** |
| **PE/Active Lessons** |
| Amaven | Amaven’s Young Champions programme provides children with sessions that develop fitness, motor control & sport skills at home. | <https://www.amaven.co.uk/young-champions> |
| Burn 2 Learn  | Resources & activities to be released on Burn 2 Learn YouTube channel & Facebook page, to help get parents & children moving & learning at home.  | <https://m.youtube.com/channel/UCRgvGtLj59eHtOL7YYuTv5w> <https://m.facebook.com/pages/category/Education/B2LTraining/posts/?locale2=en_GB>  |
| Complete PE & Youth Sport Trust | Free home learning resources to challenge & develop physical, cognitive, social & emotional learning. Includes PE home learning, active breaks & 60 second challenges. | https://www.youthsporttrust.org/free-home-learning-resources-0 |
| Get Set 4 PE  | Tweeting fun, active home tasks ‘daily’ from the 23/3/20.   | @GetSet4PE |
| Imoves | Freeaccess to the imovement platform at home. Pupils can stay active & healthy even if they can't go to school. The platform offers fun, active learning resources that change daily & much more! To sign up, all you need to do is use the link join.theimovement.com  | <https://imoves.com/imovement-signup>Follow on twitter @imovesactive for daily updates.  |
| Premier League Primary Stars | A wide collection of free, curriculum-linked activities to educate and entertain children at home. You can find lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.  | <https://plprimarystars.com/news/home-learning-activities-school-closures> |
| Real PE  | Real PE is a unique, child centred approach to teach PE to include, challenge and support EVERY child. Real PE at home has been made available to ALL schools so they can access 100s of activities, challenges & games. Email jasmine@createdevelopment.co.uk to sign up.  | <https://jasmineactive.com/solutions/real-pe/><https://vimeo.com/398010428>  |
| Succeedin PE | Succeedin PE & the PE Suite are collating a host of resources to provide an easy way to give families PE, physical activity games & sports ideas. This link will be managed & updated by the Succeedin PE team. | <https://online.succeedin.co.uk/public/index/638> |
| Teach Active  | Teach Active have announced a free homework resource is available to all subscribed schools. Allowing parents/carers to support children learning from home with access to 250+ resources covering all aspects of the curriculum.  | <https://www.teachactive.org/2020/03/teach-active-homework-free-for-parents/>  |
| The PE Umbrella  | The successful primary PE podcast have kindly shared a useful resource booklet called “Little Movers” with a variety of fun, engaging activities for parents & children to do together.  | <https://peumbrella.com/wp-content/uploads/2020/03/Home-Challenges.pdf>  |
| Twinkl | The trusted home of teacher-created planning and assessment materials and teaching resources! Perfect for inside and outside the classroom. | [www.twinkl.co.uk/offer](http://www.twinkl.co.uk/offer) |
| **Physical Activity** |
| Active Dorset’s Daily Dose | As the Government highlights the importance of keeping active and looking after our mental health during this time, Active Dorset has put together the ‘Dorset Daily Dose’ webpage. The webpage will help to share daily top tips that will help everyone to keep active, challenge their body and mind, and to connect with people and their stories. Active Dorset invites people to share their creative ideas via social media. | <https://www.activedorset.org/dorset-daily-dose>#DorsetDailyDose  |
| Active Schools Planner | Primary school colleagues can register for free on this website, and access a comprehensive range of resources/ideas for free. | <https://activeschoolplanner.org/>  |
| Andy’s Wild Workouts | BBC iPlayer daily workouts suitable for EYFS and KS1 | <https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts>  |
| BBC Super Movers | The BBC Super Movers website contains a host of free online videos & fun curriculum linked resources to get children moving while they learn. The videos feature a plethora of professional sportsmen & women as well as celebrities to engage children even further. | <https://www.bbc.co.uk/teach/supermovers> |
| Change 4 Life | The NHS Change 4 Life website has a host of videos, activities & resources for parents and pupils to use alike. The resources encourage physical activity, healthy eating & even include healthy family dinner recipes. The Disney 10-minute shake ups are a great resource for fun, active breaks from learning. | <https://www.nhs.uk/change4life>https://www.nhs.uk/10-minute-shake-up/shake-ups |
| Cosmic Kids | Free online videos that can be watched & followed at home by children, adults & families alike. Access themed yoga lessons, mindfulness activities & relaxation sessions from the comfort of your home.  | <https://www.cosmickids.com/> <https://www.youtube.com/results?search_query=cosmic+yoga>+  |
| Dorset School Games Organisers (SGOs) | The Dorset School Games Organisers will be releasing daily challenges for all primary children and young people (CYP) to access. Visit the Dorset School Games Twitter account for daily inspiration and view all video clips on the vimeo channel!  | @DorsetGames https://vimeo.com/channels/dailychallenge |
| Go Noodle | Anyone can access these freeonline videos that encourage children to be active & have fun. They engage 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home & everywhere kids are! | <https://www.gonoodle.com/> |
| Healthy Futures | Healthy Futures are providing a weekly food & activity log plus daily exercise videos to keep children active. They are working with a number of organisations to create their daily home exercise videos & will also be sending out a resource pack which will include: Fitness & Sporting Challenge Cards & Active Monopoly! | <https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de> |
| Inclusive Activities  | The Change4Life website has a dedicated page to accessible & inclusive activities for disabled children to keep active.  | <https://www.nhs.uk/change4life/activities/accessible-activities>  |
| Nike Active Kids Do Better  | Free family friendly ideas & activities to keep active at home.  | <https://www.activekidsdobetter.co.uk/active-home>  |
| Questr Scan and Seek | Questr Scan & Seek have created an area on their website with **free** active English & Science games for parents & kids. The activities will give parents the opportunity to support their children to have fun while they continue to learn at home. | <https://www.questr.org/schoolclosure> |
| Real Play | Real Play at home is an online platform that supports families to play & learn together. It includes 12 themes, 6 areas, over 250 activities & challenges, and 1000s of hours of fun & activity for every family! The programme is free for schools & families to access during the school closure period. Email jasmine@createdevelopment.co.uk to sign up.  | <https://jasmineactive.com/solutions/real-play/>  |
| How to stay active while you're at home (Sport England) | Activity ideas and routines | <https://www.sportengland.org/news/how-stay-active-while-youre-home> |
| The Body Coach (Joe Wicks) | Joe Wicks, The Body Coach, has produced a number of short, fun workout videos especially for children. The videos are available on The Body Coach YouTube TV channel along with videos that adults/parents can access too. Joe is now also running a live session every day at 9am specifically for children. | <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ><https://www.youtube.com/results?search_query=joe+wicks+kids+workout>   |
| This Girl Can  | This Girl Can is all about celebrating women getting active. Partnering with Disney and real families across England, they published a series of fun dance videos. Further advice & resources can be found on their Home Exercise page, including fitness video tips from Sussex This Girl Can Ambassador Tess.  | <https://www.thisgirlcan.co.uk/activities/disney-workouts/> <https://www.thisgirlcan.co.uk/activities/home-exercise/>  |
| Top Sportability | Inclusive activity cards for all ages and abilities | <https://topsportability.co.uk/members/resources/elements/>  |
| **Sports**  |
| Chance to Shine | The Chance to Shine team are issuing some cricket-based challenges on their Twitter page and are encouraging participants to send in their attempts. | <https://twitter.com/Chance2Shine> |
| Eveque: SportsHall Athletics | Home pentathlon challenge | http://www.sportshall.org/homepentathlon |
| FA Superkicks Challenge | FA and Fun Football UK are releasing a series of challenge videos for children to do whilst at home. Tune in at 2pm each day. | @FA and/or @FunFootballUK#FASuperKicks |
| LTA  | The Lawn Tennis Association will be sharing a collection of fun tennis exercises for kids and adults to participate in together and keep active. | <https://twitter.com/the_LTA> |
| School Games  | All schools can access a variety of sport activities & challenges on their School Games Dashboard.  | <https://www.yourschoolgames.com/>  |
| **Mental Health Support for Children and Young People** |
| Anna Freud | Great resources to support CYP and families of CYP about the coronavirus. | <https://www.annafreud.org/coronavirus/> |
| Gov.UK | Government’s latest guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus (COVID-19) outbreak. | https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak |
| NSPCC Guidance on Child Safeguarding | Excellent webpage full of age-appropriate documents to support parents, carers and CYP who are learning at home:  | <https://www.thinkuknow.co.uk/parents/support-tools/support-your-child-at-home> |
| Public Health England | Excellent PSHEE resources for schools. | <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview> |
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