



# BISHOP CHALLONER SCHOOL GAMES

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## REMOTE LEARNING AND PHYSICAL ACTIVITIES DIRECTORY, V2

21<sup>ST</sup> JANUARY 2021

# Physical activity levels amongst young people

<https://www.sportengland.org/news/childrens-activity-levels-down-many-embrace-new-opportunities>

**Latest Active Lives Children and Young People Survey shows teenage boys were hardest hit by the pandemic but girls became more active as they found alternative ways to be active.**

<https://www.bbc.co.uk/sport/55664539>

**Experts 'deeply concerned' about the impact of Covid-19 on children's physical activity levels**

# Home/Remote Learning Tips

<https://www.teachertoolkit.co.uk/2020/08/30/teaching-in-a-virtual-environment>

In 2010, Ross Morrison McGill founded @TeacherToolkit from a simple Twitter account through which he rapidly became the 'most followed teacher on social media in the UK'.

<https://www.teachertoolkit.co.uk/2020/03/15/how-to-teach-online>

47 Ideas: How To Teach Online  
How can educators adapt to working online if they are forced to work away from the classroom/workplace? Given the unprecedented circumstances of coronavirus, here is a list of some online resources educators can use to connect with other teachers, parents and pupils.

<https://www.tes.com/news/schools-online-learning-13-clever-teaching-hacks-microsoft-teams>

**To help with online learning, we've rounded up the best tips for making Microsoft Teams work for you and your students**

# Oak National Academy

<https://teachers.thenational.academy>

<https://classroom.thenational.academy>

Designed to ease your planning, our new teachers-only hub lets you browse Oak's full curriculum of lessons, slides and all the worksheets available for you and your pupils.

<https://support.thenational.academy/en>

Common questions about Oak National Academy.

<https://library.thenational.academy/>

**Welcome to the Virtual School Library, brought you by Oak National Academy in partnership with the National Literacy Trust. Every week a popular children's author or illustrator will provide you with free books, exclusive videos and their top three recommended reads.**

# Home/Remote Learning Websites

<https://www.myhouserocks.co.uk>

With the UK on lockdown at home, we've started to gather together some of the great things going on for families online.

<https://www.bbc.co.uk/bitesize/subjects/zj6pyrd>

School shut? We've got you! Try our lessons full of videos, quizzes and practice activities to help you with home learning.

<https://whiterosemaths.com/homelearning>

The White Rose Maths Team prepared a series Maths lessons (including over 640 videos) for each year group from Year 1-10 to allow children to continue their daily Maths lessons from home.

<https://www.teachactive.org/2021/01/remote-learning-lessons-for-lockdown-now-available>

**FREE Remote Learning Lessons for Teachers.**  
To support schools, children and parents during the latest lockdown, Teach Active have identified several lesson plans for 'remote learning' covering Foundation to Year 6.

# Keeping Active/Active Learning Websites

<https://www.imoves.com/lockdown-free-access>

Here we are again - another UK lockdown, and Primary Schools closed for the majority of pupils!  
imoves is an award-winning digital platform for teachers, designed to get Primary School children learning actively whether they are at home or in school. Get set up within minutes with an imoves free access account.

<https://sendactive.org/sendactive-at-home>

Welcome to SENDactive at Home.  
From this page you can access resources to keep you and your family active at home. We will be adding resources over the coming weeks, so be sure to keep checking back.

<https://sendactive.org/keeping-active-at-home>

Keeping Active at Home. Visit these organisations and links for a range of activities and resources to help you and your family stay active whilst at home.

<https://www.phonicsplay.co.uk>

You may log in with the following details:  
username: jan21  
password: home

# Keeping Active/Active Learning Websites

<https://panathlon.com/panathlon-launches-at-home-sporting-challenges>

Panathlon has re-launched its multi-skills challenges for students to do in their homes and gardens in order to stay active. Using everyday household items such as jam jars, rolled-up socks, tin cans, buckets and plant pots, students can hone their skills in a safe environment.

<https://panathlon.com/parallel-pe-teachers-disabilities-sen-lockdown>

Panathlon has launched a series of activities to support teachers delivering sport and PE to classes which are divided between school and home through lockdown.

<https://www.pescholar.com/insight/new-wellbeing-curriculum-for-secondary-schools-11-16>

This New Wellbeing Curriculum resource, developed by Will Swaites and in association with Dr Liz Durden-Myers, provides an excellent foundation for classroom or distance learning of essential aspects of PE.

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak>

This 'Cricket at Home' series has been developed to support children to stay active, featuring clear and easy to follow instructional videos with supporting written guidance documents. Sessions have been specifically built for children at home and require minimal equipment and can be completed in limited space.

# Keeping Active/Active Learning Websites

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv>

Join commentators Johnny and Jasmine live from the arena as they introduce a range of fun new physical education games and activities. Learn the key skills and tactics, and get up and moving, both in the classroom and out in the playground.

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Early years Foundation Stage to KS2, 10-minute activities based on Disney films that help keep children active.

<https://www.bbc.co.uk/teach/supermovers>

KS1 and KS 2 videos which help children move while they learn. They support curriculum subjects, including maths and English.

# Keeping Active/Active Learning Websites

<https://www.fitnessblender.com/>

**KS3-5 videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.**

<https://tagtiv8.com/about-us/>

**Our mission is simple – to create educational resources and training that develop confidence in key areas of the curriculum through physical activity.**

<https://www.thepeshed.com/video-channel>

**The PE Shed provides the community with a wide range of videos on Facebook, Instagram, Twitter and Youtube. They will help PE teachers with PE lesson ideas and parents with ideas for PE online/home learning.**

# Health and Well-Being/Community Links

<https://naturallybirmingham.org/birminghams-park-stars>

Naturally Birmingham is a cross working project with people's views and values at it's heart – testing new approaches to caring for the city's green spaces.

<https://www.livingstreets.org.uk/walk-to-school/primary-schools>

WalkingFromHome activity booklet for families features 14 sets of activities for families with primary school-aged children. Each resource sheet includes three activities; one for the little ones, one for older children, and one special indoor activity.

<https://www.well-school.org/tag/resources>

Welcome to Well Schools. There is a growing community of like-minded people who believe that wellbeing should be at the heart of education. Wellbeing should permeate all aspects of education and be the foundation of the culture that staff and pupils experience.

<https://www.outdoorted.co.uk/odt-tv>

YouTube videos split into three categories:

1. The Outdoors: Activities that involve being outdoors from nature to games.
2. Personal Challenges & Physical Activities: These are videos where children can try to beat their own records
3. Cultural Olympics: These are fun activities from around the world COMING SOON

<https://www.nhs.uk/live-well/exercise/>

**Physical activity guidelines for adults aged 19 to 64.  
Adults should do some type of physical activity every day.**