



## Physical Activity at Home

Dear Headteachers & PE subject leaders

In light of the anticipated closure of schools, I am sharing a range of resources and ideas that may help families support children with some form of Physical Activity / Physical Education at home.

All of these resources have been created by quality assured providers, and downloads should be free

### **Active at Home**

The ACTIVE AT HOME programme allows children, parents, friends and family to look at some of our fun games that are used in school. You will have access to our lesson plans, videos and diagrams to help you keep active when your children are not at school.

<https://online.succeedin.co.uk/public/index/638>

### **NHS – Change 4 life**

This website shares a number of links and ideas for fun home based activities at home, many of which link with other curriculum areas.

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

### **BBC Supermovers**

A number of activities and videos aimed at primary aged children, linking physical activity challenges with other subject area

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

### **Active kids do better**

A range of ideas and resources to inspire families to do some physical activity together

<https://www.activekidsdobetter.co.uk/active-home>

### **National Trust - 50 things to do before you are 11 ¾**

A range of ideas to challenge children (if they can get outside)

<https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf>