

Free Resources to help keep children active at home during the Covid-19 outbreak

1. Youth Sports Trust

Home learning resources -

<https://www.youthsporttrust.org/free-home-learning-resources>

Videos and resources with ideas for active play, games and personal challenges – also covers inclusion.

2. Change for Life

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

10 minute shake up games - Fun home ideas based around Disney characters and films. Some activities involve interacting with other children but many of these ideas can be adapted to suit individual home environments. Also has an app.

2. Get Set for PE

twitter @GetSet4PE

Will be posting daily activity ideas.

4. Go Noodle

<https://www.gonoodle.com/for-families/>

Fun themed video activities designed for families. Also has an App.

4. Cosmic Kids

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

Yoga, mindfulness and stories based around fun themes.