

Staying Active - Resource Links (Sport, Dance, Movement)

5-a-day fitness	Activity ideas and routines	www.5-a-day.tv	Home access for current licence holders sent directly, non-licence holders to follow
Amazing Educational Resources	Plans, Worksheets & Teaching Resources	http://www.amazingeducationalresources.com	List of free home learning resources
BBC Supermovers	Plans, Worksheets & Teaching Resources	https://www.bbc.co.uk/sport/football/supermovers	Free, range of break or curriculum learning opportunities
Change4life	Advice, activity ideas, routines and recipes	https://www.nhs.uk/change4life/activities	Free content for parents and children, food & activity advice and routines (including Disney)
Cosmic Kids	Activity ideas and routines	https://www.cosmickids.com	Activity ideas and routines Yoga and mindfulness - free via app and Youtube channel
Go Noodle	Activity ideas and routines	https://www.gonoodle.com	Free to use, requires an account
Jump start Jonny	Activity ideas and routines	https://www.jumpstartjonny.co.uk	5 free videos, further packages costs £149 per year
Nike Active Kids Do Better	Activity ideas and routines	https://www.activekidsdobetter.co.uk/active-home	Free to use, no account necessary
Premier League Primary Stars	English, Maths & Physical Activity ideas	https://plprimarystars.com/	Home version of Premier League Stars teacher programme
Teach Active	Physical Activity Learning	https://www.teachactive.org/free-trial/	Free trial
The Body Coach Youtube Channel	Activity ideas and routines	https://www.youtube.com/user/thebodycoach1	Daily activity
This Girl can	Disney Dance along activity and routines	https://www.thisgirlcan.co.uk/activities/disney-workouts/	Free to use
Twinkl	Plans, Worksheets & Teaching Resources	www.twinkl.co.uk	Extended free membership - enter the code UKTWINKLHELPS
Youth Sport Trust	Activity ideas and routines	https://www.youthsporttrust.org/pe-home-learning	Home Learning Resources including Ready Set Ride and Play & Challenge videos