

PE links & resources to help keep children and adults active at home (wb 06/04/20)

Please see below a number of useful PE links & resources to help keep children active whilst at home. The first 5 will help you with our curriculum PE at St Pancras.

England Athletics and funetics

Fun activities based on core movement skills

https://funetics.co.uk/for-parents/funetics-activity-videos/?utm_source=emailmarketing&utm_medium=email&utm_campaign=f_athletics_and_running_for_everyone_home_edition_1&utm_content=2020-04-03

Cricket (will help with your catching and throwing skills)

Chance to Shine will be running weekly 'Skills Challenges' – more to be added

Cool Catcher challenge: <https://youtu.be/1pUilVjuL0I>

Bowling challenge: https://www.youtube.com/watch?v=ceg-9Y_0dfk

Super striker: <https://www.youtube.com/watch?v=AfYM6RZUERg>

Flat catching challenge <https://www.youtube.com/watch?v=ldg4Qy5Eq28>

Ipswich Basketball

Home basketball training sessions – more to be added:

Workout 1: <https://youtu.be/O3rf93XUcbA>

Workout 2: <https://youtu.be/SpE2JjSIJYE>

Gymnastics (GymnasticsWithMax)

Gymnastics with Max Whitlock (every Tuesday and Thursday at 3.30pm – started last week)

<https://www.youtube.com/channel/UCu-rJFVlr7ZAZ0en3RRALPw>

Dance

Oti Mabuse and Marius lepure dance classes for children (Harry Potter, Lion King etc..)

https://www.youtube.com/watch?v=btD_HCO1FT4

PE With Joe - Workout videos with Joe Wicks (The Body Coach) Mon-Fri 9.00am.

The Body Coach TV - These are Joe Wicks' workout videos, which also include challenges such as the 7 day sweat challenge.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Cosmic Kids - Yoga videos through story themes

<https://www.youtube.com/user/CosmicKidsYoga>

imoves

Daily activities for children to participate in – active blasts and mindfulness

<https://imoves.com/the-imovement>

Sport England

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement. Scroll down to find all the free video content and activities - half way down the page.

https://www.sportengland.org/stayinworkout#get_active_at_home

https://www.sportengland.org/stayinworkout#get_active_outdoors

eg NHS workouts

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Disney workouts

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Active Suffolk

www.activesuffolk.org/covidschoolsupport