**Online Active Resources to support Active Learning at Home**

The websites and resources listed below are intended to provide schools and parents with a number of options when it comes to trying to keep children active whilst at home during the disruptions caused by the coronavirus outbreak.

**WEBSITES**

**Healthy Futures –** *daily workouts and challenges, including food and activity logbooks to record progress. Visit website to subscribe for free resources*

[*https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de*](https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de)

**iMoves –** *online access to a range of activities videos which can be delivered at home and in small spaces. Visit website to subscribe for free resources*

[*https://imoves.com/imovement-signup*](https://imoves.com/imovement-signup)

**Youth Sports Trust –** *free home learning resources*

[*https://www.youthsporttrust.org/free-home-learning-resources*](https://www.youthsporttrust.org/free-home-learning-resources)

**real play (Create Development) –** *free access to families for real play activities. Schools must express their interest by email to* jasmine@createdevelopment.co.uk

**BBC Supermovers** – *a range of online active learning videos themed around various curriculum areas.*

[*https://www.bbc.co.uk/teach/supermovers*](https://www.bbc.co.uk/teach/supermovers)

**GoNoodle! –** *An assortment of activity videos linking to the curriculum along with movement, mindfulness and yoga*

[*https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/*](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/)

**Change4Life Disney 10 Minute Shake Ups –** *activity videos linking physical activity to a range of classic and current Disney films.*

[*https://www.nhs.uk/10-minute-shake-up/shake-ups*](https://www.nhs.uk/10-minute-shake-up/shake-ups)

**PE Primary –** *60+ EYFS Physical Development activities. Email* *info@primarype.co.uk* *to request a free copy.*

**Get Set – Tokyo Ten Activities –** *10 minute activities using simple equipment to get active in the house*

[*https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten*](https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten)

**Sport England -** *General advice and ideas to keep active at home.*

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

**ACTIVITY VIDEOS**

**Joe Wicks – The Body Coach – Kids workouts to do at home**

[*https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k*](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k)

**Cosmic Kids Yoga -** *yoga videos ranging from 5 to 30 minutes available via YouTube*

[*https://www.youtube.com/user/CosmicKidsYoga*](https://www.youtube.com/user/CosmicKidsYoga)

**Just Dance Videos –** *free online dance videos to current and classic songs which can be completed in a small space.*

[*https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q*](https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q)

*Also, follow the Twitter feeds for the Northamptonshire Sport School Sport Partnerships – so much content is shared through the PE Network which we often share and retweet.*

*@NorthamptonSSP @SNDSchoolSport @WENSchoolSport @COTSchoolSport @Nsport*