

Juniper Friday 25.06.2021 PE ideas

Please find below a selection of online resources that will help your children experience the recommended 1 hour of physical activity required every day.

Stay safe - Stay healthy!

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

PE and physical activity: primary

Boogie Beebies

Description: videos that get younger children up and dancing with CBeebies presenters.

Key stages: early years foundation stage

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Disney 10 Minute Shakeups

Description: 10-minute activities based on Disney films that count towards a child's 60 active minutes per day

Key stages: early years foundation stage to key stage 2

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Super Movers

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

Key stages: key stage 1 and key stage 2

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

#ThisIsPE

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube. These have been commissioned by the Association for Physical Education

Key stages: key stage 1 and key stage 2

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Active at Home

Description: 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.

Key stages: key stage 1 and key stage 2

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

NHS – Change 4 life

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

Key stages: EYFS, key stage 1 and key stage 2

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

BBC Supermovers

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

Key stages: key stage 1 and key stage 2

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