

Online Resources for PE Home Schooling

Here are a list of websites that the Government has produced to support parents in making sure that children and young people are getting the suggested 60 minutes of exercise each day.

- 1) **Boogie Beebies-** <https://www.bbc.co.uk/programmes/b006mvsc>
Videos for younger children to get up and dance with CBeebies presenters.

- 2) **Disney 10 Minute Shakeups-** <https://www.nhs.uk/10-minute-shake-up/shake-ups> 10-minute activities based on Disney films!

- 3) **Lawn Tennis Association-** <https://www.lta.org.uk/tennis-at-home>
Videos, activity cards and resources all related to tennis

- 4) **Super Movers-** <https://www.bbc.co.uk/teach/supermovers>
Videos to move whilst you learn!

- 5) **#thisisPE-** <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>
Videos delivered by teachers focussing on the PE curriculum- videos are through youtube.

- 6) **UK Active-** <https://ukactivekids.com/movecrew/>
Resources and videos produced to help pupils perform 60 minutes daily exercise.

- 7) **Royal Opera House-** <https://learning-platform.roh.org.uk/create-and-learn>
Videos and activities that are put on each week to get children dancing.