

**TV shows**

P.E with Joe Wicks (live workouts Monday – Friday 9am)

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

**Web sites / interactive learning**

Change For Life (Wake Up Shake Ups – fun family activities to do together )

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

Youth Sport Trust

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Nike Active Kids Do Better

<https://www.activekidsdobetter.co.uk/active-home>

Cosmic Kids Yoga

<https://www.youtube.com/cosmickidsyoga>

Disney Dance Along

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

Change4Life Indoor Activity Ideas (activities to keep children moving at home)

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

Change4Life Accessible Activities (for children and young people with disabilities)

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

This is PE

<https://www.yorkshiresport.org/get-active/thisispe/>

**Movement based ideas**

**Ninja Warrior**

Can you create an obstacle course in your garden?

**Sports Day**

Can you hold your own sports day in your garden? This could be laps around the garden, egg and spoon race, sack race.

**Circuits**

Can you design a fitness circuit with activities that focus on different muscle groups and a range of cardio moves?

**English based ideas**

**Who? What? Where?**

Can you pick an Olympic athlete and write about who they are, what sport do they do and where they come from?

**Impressive Instructions**

Can you write a set of instructions on how to make a healthy snack? This could be a fruit salad.

**Stay fit and healthy**

Can you create a poster on the importance to stay fit and healthy?

**Mouth-watering Menu**

Can you create a menu with healthy food? Use amazing adjectives to describe the delicious food.

**Maths Based ideas**

**Race**

Can you time your family members completing an activity and record your finding?

**Long Jump**

Can you measure long jumps and arrange in ascending and descending order?

**Hopscotch**

Can you create a hopscotch with numbers? These numbers could be odd, even, prime numbers, timetables, number bonds.

**Art based ideas**

**Where does our food go?**

Can you create a model of the digestive system? You can use any materials: paper, old cereal boxes, loo rolls, coloured pencils.

**Magical Movement**

Can you represent movement on a piece of paper? (Turns could be swirls)

**The Olympics**

Can you pick a famous Olympic competitor and sketch them in action? Can you paint their flag?

**Eat well plate**

Can you create an ‘eat well’ plate with pictures of food?

**Subject specific activities**

**Step master**

How many steps can you achieve going on a walk with your family?

**The New Joe Wicks**

Can you create a daily workout for you and your family to complete?

**You are what you eat!**

Can you research the different food groups? Can you find food in your house that belong to the different food groups?

**Muscles**

Can you draw around your body with chalk, draw, and label the muscles in your body?

**P.E**