

In the table below, you can find some activity ideas to keep active at home.

There’s something in here to suit everyone’s needs.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Type | Title | Link | Age Group | Description |
| Home Activities | Active Kids Do Better | [Website](https://www.activekidsdobetter.co.uk/active-home) | 5-11 | Fun home activities, games |
| Busy Toddler | [Website](https://busytoddler.com/category/activities/) | 4-11 | Arts and crafts ideas |
| Change4Life Games | [Website](https://www.nhs.uk/10-minute-shake-up) | 5-11 | 10 minute shake up games |
| Creative Steps | [Website](https://creativesteps.co/courses/remote-learning/) | 4-11 | Fun home dance videos - updated weekly |
| Deck of Cards Game | [Facebook](https://www.facebook.com/photo?fbid=861819380960413&set=a.318208868654803) | All | Physical family activity |
| Get Set Tokyo | [Website](https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity) | 5-11 | Great home activities needing little equipment and space |
| I Moves | [Website](https://imoves.com/the-imovement) | 4-9 | Fun videos to copy |
| Kid Do | [Website](https://kiddo.edu.au/promote) | 5-11 | Sporty activities at home |
| Primary PE Planning | [Website](https://primarypeplanning.com/home-pe) | 4-11 | Fun game ideas |
| Ready Set Ride | [Website](https://readysetride.co.uk/) | 4-9 | Videos, fun games to prepare/learn how to ride |
| Scouts | [Website](https://www.scouts.org.uk/the-great-indoors/) | 5-11 | Fun indoor activities |
| Ways to keep active indoors | [Website](https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/) | 5-11 | List of home activities, games |
| [Website](https://modernparentsmessykids.com/11-ingenious-ways-keep-kids-active-stuck-inside/) |
| [Website](https://www.activekids.com/parenting-and-family/articles/7-ideas-to-keep-your-kids-active-indoors) |
| Home Challenges | Chance to Shine - Cricket | [Youtube](https://www.youtube.com/user/Chancetoshinecricket/videos) | 5-11 | Challenges and videos released every couple of days |
| Dan the Skipping Man | [Youtube](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youtube.com%2Fdantheskippingman&data=02%7C01%7CMBignal%40twbs.co.uk%7C0df35e7db2214c101f4f08d7ccc8a1de%7C0c7844343c5241fb9bc5eb08aefb6351%7C0%7C0%7C637203037529575562&sdata=%2BbENr%2BGQVdffuTFsFbZJTJ2i%2Bao35xWz%2BF4cLXumJVc%3D&reserved=0) | 5-11 | Skipping tutorials |
| Jump Rope UK | [Website](https://www.jumpruk.com/at-home-resources/) | All | Challenges and videos released every couple of days |
| Prime Coaching Sport | [Youtube](https://www.youtube.com/playlist?list=PL2hDszH4XLgULp8PZN1_Kb3BrfkcMMLf7&fbclid=IwAR1NXeo4DH319zRg2Vo3p33sNxJgxpm4krWJnV4bQDDLm7sYhJP3vMkbvhU) | 5-11 | Skills Challenges videos |
| Home Dancing | Active Kids Do Better | [Website](https://www.activekidsdobetter.co.uk/active-classroom) | 5-11 | Create short easy dance routines including music. |
| BBC Supermovers | [Website](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bbc.co.uk%2Fteach%2Fsupermovers&data=02%7C01%7Cmbignal%40twbs.co.uk%7C81ce9fe53929449427cf08d7cf249a04%7C0c7844343c5241fb9bc5eb08aefb6351%7C0%7C0%7C637205628414068358&sdata=3iqQ%2BaZjHcIXru%2BzKt%2BAPxNN4R0xWLOQ7n%2BN0oCS5ns%3D&reserved=0) | 5-11 | Dancing and learning videos on Maths, English, PHSE |
| Go Noodle | [Website](https://www.gonoodle.com/) | 5-11 | Fun songs to dance and sing along to |
| Home Fitness | PE Coordinator | [Website](https://pe-coordinator.co.uk/home-fitness/) | 5-11 | List of fitness challenges |
| The Body Coach | [Youtube](https://www.youtube.com/user/thebodycoach1) | 5-11 | Live - 9 a.m. everyday fitness/PE videos to do at home |
| [Youtube](https://www.youtube.com/watch?v=d3LPrhI0v-w&list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k) | All | Videos of kids workouts for home |
| Home Lessons | Twinkl | [Website](https://www.twinkl.co.uk/) | All |  |
| Social Media | Get Set 5 PE | [Twitter](https://twitter.com/GetSet4PE) | 5-11 | Ideas |

