

Ideas for PE and physical activity for Wednesday pms

To avoid adverts on Youtube, parents may want to set themselves up with a free Youtube account (this will allow each family to set their own privacy settings etc).

EYFS and KS1

Boogie Beebies

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

<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>

Active kids do better

Description: A range of ideas and resources to inspire families to do some physical activity together



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

National Trust - 50 things to do before you are 11 $\frac{3}{4}$

Description: A range of ideas to challenge children (if they can get outside)

Key stages: key stage 1 and key stage 2

<https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf>

Sportshall athletics at home

Description: The Home Pentathlon is a fun way for families to take part in adapted

Sportshall Athletics events within their home environment.

<http://www.sportshall.org/homepentathlon>

Youth Sport Trust

Description: You can find a range of PE activities that can be done individually or in

pairs/small groups with a focus on the development of physical competence and actively

learning the importance of personal skills to support social, emotional and mental wellbeing

www.youthsporttrust.org/pe-home-learning

Or, if you're looking for a short, fun activity break there are lots of ideas

here: www.youthsporttrust.org/active-breaks

Get-set for Tokyo

Description: A range of cross curricular resources and ideas that can be done at

<https://www.getset.co.uk/tokyo-ten>

Park Run daily challenges

Description: Each morning a new challenge for the day is posted on the Park Run [YouTube](#)

[channel](#). All challenges can be done around the house or in the garden. Every Sunday

Nurturing aspiration, inspiring success.

morning there is a special junior parkrun warm-up that the whole family can try in the living room or garden!

Think Active - The A-Z challenge

Description: School Games Organisers are supporting the national effort to ensure young people and their families have access to fun ways of staying active. Over the next 26 working days the SGO's will be bringing you challenges linked to the School Games.

<http://www.thinkactive.org/wethinkactive/kids-active-learning/a-z-challenge/>