



Physical Activity Useful Links

Platform Name	Resource Type	URL	Further Details
St Helens School Games	Activity ideas	https://twitter.com/StHelensSG	Sharing of activities, challenges and ideas
Your School Games	Active Championships	https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/	TopYa! Active app based activities
Your School Games	NGB Activities	https://www.yourschoolgames.com/coronavirus-support/ngb-activities/	Adapted play at home activities from a number of sports bodies
Twinkl	Plans, Worksheets & Teaching Resources	www.twinkl.co.uk/offer	Extended free membership - enter the code UKTWINKLHELPS
How to stay active while you're at home (Sport England)	Activity ideas and routines	https://www.sportengland.org/news/how-stay-active-while-youre-home	
Go Noodle	Activity ideas and routines	https://www.gonoodle.com free to use, requires account	Free to use, requires account
BBC Supermovers	Plans, Worksheets & Teaching Resources	https://www.bbc.co.uk/sport/football/supermovers	Free, range of break or curriculum learning opportunities
Cosmic Kids	Activity ideas and routines	https://www.cosmickids.com	Yoga and mindfulness - free via app and youtube channel
Youth Sport Trust	Activity ideas and routines	https://www.youthsporttrust.org/free-home-learning-resources	Home Learning Resources incl Ready Set Ride and Play & Challenge videos
Amazing Educational Resources	Plans, Worksheets & Teaching Resources	http://www.amazingeducationalresources.com	List of free home learning resources
Nike Active Kids Do Better	Activity ideas and routines	https://www.activekidsdobetter.co.uk/active-home	Free to use, no account required
The Body Coach YouTube Channel	Activity ideas and routines	https://www.youtube.com/user/thebodycoach1	Daily activities



Complete PE	TOP, Start2Move, MyPB plus activity ideas and routines	https://www.youtube.com/channel/UCuLo1CLr8QsUvgYCypFMWGw	Limited range of free resources - had invited CPE to talk to PE Subject Leaders in the summer term about their brilliant resources
Premier League Primary Stars	English, Maths & Physical Activity ideas	https://plprimarystars.com/news/home-learning-activities-school-closures?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,3K3D9E,3WJHS,1	Home version of PL teacher programme
This Girl Can: Disney Dance Along	Activity ideas and routines	https://www.thisgirlcan.co.uk/activities/disney-workouts/	Free to use, no account required
Change 4 Life	Advice, activity ideas, routines and recipes	https://www.nhs.uk/change4life	Free content for parents and children, food & activity advice and routines (inc disney) children will really enjoy
Teach Active	Physically active learning	https://www.teachactive.org/free-trial/	Free trial
Eveque: SportsHall Athletics	Home pentathlon challenge	http://www.sportshall.org/homepentathlon	Sportshall Athletics based activities
The RFL	Skill to Play	https://www.rugby-league.com/skill_to_play	Rugby League skills based activities