



Thinking Healthily

Keeping Active at Home Resources

Now we are spending more time at home than we might like, staying as physically active as possible is more important than ever. At school, pupils are active for so much of the day through their weekly P.E lessons, break and lunch times, after school clubs and other active curriculum lessons. I know that lots of you have been doing the Joe Wicks workout to stay fit and healthy but here are some other ideas and resources for how you can make sure you're staying active at home:

- 1. BBC Super Movers** are helping children across the UK get physically active with curriculum linked videos. They have videos for KS1, KS2, as well as videos which encourage you to be active learning maths (for example your times tables or learning about shapes) as well as videos which are just for fun.
<https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8>
- 2. School of Park Run.** Parkrun have produced a range of cross curricular home school ideas which they post on youtube. The ideas are linked to the worldwide Parkrun network and include ideas on maths, geography, english, art and science, as well as being active.
See more on their youtube page here: https://www.youtube.com/watch?v=vsjYt4--h-c&list=PLoeMsRMBXw6ujSqU2bG_bdQ04ybwbyPT
- 3. Inspired 5** have created 5 minute long videos which include HITT, dance, yoga and sports story videos that can be used at home, as well as in school. The best bit about these is only a small amount of space is needed: <https://inspiredschools.co.uk/inspired-5/>
- 4. Sustrans Outside In** is a free resource which has been developed to provide families with activities themed for well-being, keeping active, being creative, investigating, as well as a challenge to keep children active whilst at home. This includes cycling and walking tips and other useful content.
See more here: https://www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/?utm_source=Sustrans&utm_medium=email&utm_campaign=1152794_3_Outside%20In_for%20schools&utm_content=https%3A%2F%2Fwww.sustrans.org.uk%2Fcampaigns%2Foutside-in%2Fsustrans-outside-in-information%2F&dm_i=6EB,6V30N,S12ETN,RJCNV,1
- 5. Street Tag** is a free app where you can earn points from physical activities such as indoor and outdoor walking, running and cycling by scanning virtual tags and converting steps into points. You can earn points, climb the leader board and win prizes such as sports equipment, amazon vouchers and more.