

Recommended free resources to help keep children active at home during the Covid-19 outbreak

Edition 2

Sport Impact are a team of highly experienced Physical Education specialists. We have sifted through the plethora of new online resources designed to help parents teach PE at home and to keep children active. Alongside that we are producing some of our own resources and fun challenges. We will produce a bi weekly set of recommendations from the sources we consider to be of the highest quality.

Home learning resources -

Nursery Reception and KS1

1. Sport Impact Early years and KS1 challenges

Please find below a challenge card booklet produced by our early year’s specialist. If parents encourage the theme outlined in the parent guide as well as getting the children to complete the task this will really support development.

[/ckfinder/userfiles/files/Parent Guide Final.pdf](#)

[/ckfinder/userfiles/files/Challenge Cards Final\(1\).pdf](#)



2. Change For Life

<https://www.nhs.uk/change4life>

10 minute shake up games - Fun home ideas based around Disney characters and films. Some activities involve interacting with other children but many of these ideas can be adapted to suit individual home environments. Also has an app.



3. Cosmic Kids

<https://www.cosmickids.com/>

Yoga, mindfulness and stories based around fun themes.

Mainly for KS2

1. Youth Sports Trust



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Videos and resources with ideas for active play, games and personal challenges – also covers inclusion.

Four activities to try over Easter and for the start of next term – we suggest doing them all once a week. Two of these tasks are skill based and two are active tasks.

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf>

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Climb%20the%20Ladder.pdf>

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf>

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Bowling.pdf>

The final link from here is for Inclusive Sport ideas suitable for children of all abilities.

<https://www.youthsporttrust.org/sites/default/files/Inclusion-2020-learning-discovery-festival-pack-006.pdf>

You can explore more of these tasks and activities here but we will send a selection of these through to you bi-weekly.

2. Joe Wicks Daily Workout

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Please note Joe Wicks is **not recommended for Early Years/KS1** as the majority of his activities assume a more advanced level of physical maturity. They are fun workouts and a good source of physical activity.



General Resources

Check out the Sport Impact website, twitter feed and the news section for new ideas. In particular we are producing a fun home challenge resource and set of activities. The prototypes of these challenges are appearing gradually and will hopefully provide hours of fun trying to attain gold standard in all of them.

www.sportimpact.co.uk

We also recommend our partners Get Set for PE who will be posting daily activity ideas.



@GetSet4PE on twitter

If you have any questions please feel free to contact us at info@sportimpact.co.uk and one of our specialists will get back to you as soon as possible.