



Worcestershire West School Games

Recommended Webpage Links for Physical Activity at Home

Who	Web-Link	About	Ideal for
	https://thedailymile.co.uk/at-home/	<p>The Daily Mile team have adapted their guidance for schools so that it can also be used at home. The aim is to produce the same benefits which come from 15 minutes or more of walking, running or jogging in the fresh air - doing it at whatever pace suits you best.</p>	Primary & Secondary
	https://www.chancetoshine.org/teaching-resources	<p>Chance to Shine have created a powerful bank of free resources for Primary and Secondary schools, so teachers can lead their own cricket sessions with confidence. These include lesson plans for cricket coaching sessions, instructional videos for all the skills and drills and top tips from the professionals.</p>	5-16 year olds
	https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/	<p>Using a set of resources created by the Lawn Tennis Association you can improve your tennis skills any time, any place, with their Home Activities hub. It's full of activities for the whole family. Even "that" uncle who gets way too competitive. This hub is divided into four areas, all of which are freely accessible.</p>	4-11 year olds
	http://www.udoitdance.com/news/online-free-street-dance-lessons.html	<p>You can receive free street dance lessons from the U Do It! Dance Foundation. The charity is working with choreographers across the UK to create online free lessons so everyone can keep learning from the comfort of your own living room. They are asking participants to film their versions and submit them on social media.</p>	5-16 year olds
	http://www.thefa.com/get-involved/footballs-staying-home/team-talk?_ga=2.34579619.366083038.1587640322-1478800738.1441878396	<p>The FA have created their own purpose-built 'at home' site full of resources to keep you busy. This includes colouring challenges, maths games, virtual classroom resources and more. Specifically for primary-aged pupils, there's also the Superkicks app, which offers more challenges for young ones directly from FA coaches.</p>	5-11 year olds
	https://www.cosmickids.com/	<p>Themed yoga lessons, mindfulness activities & relaxation sessions.</p>	5-11 years

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	https://englandnetball-site.soticcloud.net/bee-at-home/	Netball challenge videos for u11's and their families.	5-11 years
	https://www.bbc.co.uk/teach/supermovers	Free online videos & curriculum linked resources to get children moving while they learn.	5-11 years
	https://www.badmintonengland.co.uk/beathome/	Badminton workouts and skills that you can do at home.	8-16 years
	https://www.roundersengland.co.uk/stayhome-activities/	A selection of rounders related activities including an activity agenda for the whole family to participate in and enjoy.	8-16 years
	https://funetics.co.uk/for-parents/funetics-activity-videos/	The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.	4-11 years
	https://www.golf-foundation.org/clubs/junior-golf-passport/your-passport-to-golf-at-home/	Here are some FUN, easy-to-adapt playing exercises that your kids will enjoy - including the #LockdownKnockdown challenge!	7-13 years
	https://onedanceuk.org/free-resources-tasks-and-more-for-teachers/	Online resources, videos and task ideas that can be used to support home learning in dance for all ages.	5-16 years
	http://www.activityalliance.org.uk/news/5673-moving-more-while-at-home	Inclusive ways to stay active at home.	5-16 years
	https://www.fitnessblender.com/	Videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.	14+ years

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	https://www.bbc.co.uk/programmes/b006mvsc	Dance routines suitable for children in EYFS.	3-5 years
	https://www.dancefest.co.uk/videos?fbclid=IwAR3rw1EzEYyhI9PHjggFFYKusSqOwuYXmTDa4ltbYf8JXJWp70Kr-uw9hyM	Dancefest have produced a number of dance home videos for you to try.	5-16 year olds
	https://www.premier-education.com/stay-active/	A collection of quick, creative and fun activities you can do with your children at home.	5-12 years
	https://tabletennisengland.co.uk/our-sport/major-events/play-at-home/	Play at Home: if you have managed to get hold of bats and balls, have commandeered your dining table, or even have your own home ping pong table, we have some activities for you.	8-16 years
	https://www.Englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/	Need help supporting your 11+ year old children to keep active at home?	11+
	https://www.activehw.co.uk/this-girl-can-online	Active Herefordshire & Worcestershire have teamed up with local trusted activity providers to provide a free two-week online timetable of free activity targeted at teenage girls, pregnant women and older ladies.	13+ Girls
	https://www.activekidsdobetter.co.uk/active-home	Family-friendly activities to help families to begin moving together in their living room, garden or local park.	5-16 years
	Mr Dalton PE	Mr Dalton, a teacher from Kempsey Primary School, has pulled together some simple PE videos to use at home.	5-11 year olds