

# PE Home Learning Pack



Dear Parents and Carers,

This Physical Education learning pack is here to ensure your child is able to stay active and healthy in the eventuality that your child has to resume home learning. Please use the pack as much as possible as it is important that your child keeps fit and looks after their mental health during these very uncertain times. You will also find the games and activities fun for all the family!

Thank you for your ongoing support and keep safe,

Joe

PE Coordinator

## **18 Home PE lessons for Parents – Association of Physical Education (AfPE)**

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

## **Oak Academy – lessons and activities suitable for all**

<https://classroom.thenational.academy/specialist/subjects/physical-development>

## **Daily Exercises**

EYFS, KS1 and KS2 - Joe Wicks, the Body Coach

<https://www.youtube.com/user/thebodycoach1>

## **Yoga**

EYFS, KS1– Cosmic Kids

<https://www.youtube.com/user/CosmicKidsYoga>

KS2 - Yoga with Adrienne

<https://www.youtube.com/user/yogawithadriene>

### **Maths, English and PSHE**

KS1 and KS2 – Primary Stars Super movers

<https://www.bbc.co.uk/teach/supermovers>

### **Additional Games and resources**

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

### **Disability**

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

### **Healthy Eating**

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

Please also see the **'Joy of Moving Festival'** PDF under PE on the school website.