**Activities to keep the mind and body busy at home.**

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| 5-a-day fitness | Activity ideas and routines | [www.5-a-day.tv](http://www.5-a-day.tv/) | Home access for current licence holders sent directly, non-licence holders to follow |
| Amazing Educational Resources | Plans, Worksheets & Teaching Resources | [http://www.amazingeducationalresources.com](http://www.amazingeducationalresources.com/) | List of free home learning resources |
| BBC Supermovers | Plans, Worksheets & Teaching Resources | <https://www.bbc.co.uk/sport/football/supermovers> | Free, range of break or curriculum learning opportunities |
| Change4life | Advice, activity ideas, routines and recipes | <https://www.nhs.uk/change4life/activities> | Free content for parents and children, food & activity advice and routines (including Disney) |
| Cosmic Kids | Activity ideas and routines | [https://www.cosmickids.com](https://www.cosmickids.com/) | Activity ideas and routines Yoga and mindfulness - free via app and Youtube channel |
| Go Noodle | Activity ideas and routines | [https://www.gonoodle.com](https://www.gonoodle.com/) | free to use, requires an account |
| Jump start Jonny | Activity ideas and routines | [https://www.jumpstartjonny.co.uk](https://www.jumpstartjonny.co.uk/) | 5 free videos, further packages costs £149 per year |
| Nike Active Kids Do Better | Activity ideas and routines | <https://www.activekidsdobetter.co.uk/active-home> | Free to use, no account necessary |
| Premier League Primary Stars | English, Maths & Physical Activity ideas | <https://plprimarystars.com/> | Home version of Premier League Stars teacher programme |
| Teach Active | Physical Activity Learning | <https://www.teachactive.org/free-trial/> | Free trial |
| The Body Coach Youtube Channel | Activity ideas and routines | <https://www.youtube.com/user/thebodycoach1> | Daily activity |
| This Girl can | Disney Dance along activity and routines | <https://www.thisgirlcan.co.uk/activities/disney-workouts/> | Free to use |
| Twinkl | Plans, Worksheets & Teaching Resources | [www.twinkl.co.uk](http://www.twinkl.co.uk/) | Extended free membership - enter the code UKTWINKLHELPS |
| Youth Sport Trust | Activity ideas and routines | <https://www.youthsporttrust.org/pe-home-learning> | Home Learning Resources including Ready Set Ride and Play & Challenge videos |