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

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |