

Dear Parents/Carers,


Please find a list of weblinks and activities that your child can explore and complete whilst at home. It is important that children keep active. Below you will find a range of activities that children could complete inside and outside. Please let us know if you have any issues with the activities and we will do our best to help.

Many thanks
Mr Stuckey

Lifton Primary School



PE activity Pack

Activity/ Link	Extra information
Joe Wicks Home Workouts. https://www.youtube.com/user/thebodycoach1	Joe Wicks 'The Body Coach' has been uploading live workouts that can be done at home each day. I know that lots of children have already been taking part in these intense workouts. They are fun activities that get your whole body moving ready for your home learning.
Jump Start Jonny home workouts. https://www.jumpstartjonny.co.uk/free-stuff	Jump Start Jonny has some videos that children can dance and move along to. We use these videos in school. A subscription is required to access all the content but there are some free videos that I'm sure the children will enjoy.
Premier League Primary Stars https://plprimarystars.com/resources https://plprimarystars.com/home-learning	Premier league primary stars is a resource base for lots of cross-curricular learning activities. For example, there is an activity where children can learn about position and direction on a football pitch. There are lots of other fun, active resources available as well.
Facebook- The PE Shed https://www.facebook.com/ThePEShed/ 	The PE shed has been uploading home learning activities that encourage children to be active while learning. What I like about these activities is that they require very little resources and the resources used are things that you would have in your house.
BBC Super Movers https://www.bbc.co.uk/teach/supermovers	BBC Supermovers contains lots of short blasts of movements for children to copy or get involved with. There are activities that are 'just for fun' or those that link to maths or English for the relevant age ranges.

<p>Imoves https://imoves.com/ **FREE sign up required**</p>	<p>This is a website that I would recommend signing up to. It has a free printable activity timetable which will allow children to track their activities. The website has 'short blasts' for the relevant age groups, health and well-being activities, and 'boredom busters'.</p>
<p>Youth Sport Trust- challenge/ game cards. https://www.youthsporttrust.org/pe-home-learning</p>	<p>This link has 10 fun activity cards such as 'battleships' and 'wacky races'.</p>
<p>Go- Noodle https://family.gonoodle.com/</p>	<p>This contains lots of engaging dance videos for children to move along to.</p>
<p>NHS- Change 4 Life shake up games. https://www.nhs.uk/10-minute-shake-up/shake-ups</p>	<p>These are 10 minute PE/ Physical activity games that are linked to your favourite Disney characters. Be a space ranger like Buzz Lightyear; help Mike and Sully creep around the room, become Elastagirl for 10 minutes or even dance like Olaf in summer!</p>