

## **Important Websites**

Leicester City SSPAN will post regular updates on our website and twitter:

<https://www.leicestercityssp.org.uk/>

**Youth Sport Trust**

<https://www.youthsporttrust.org/primary-pe-activities>

Leicestershire and Rutland Sport have launched a Healthy at Home part of their website

<https://www.lrsport.org/healthyathome>

Sport England have published some useful tips on staying active.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

**PE lessons at Home**

[https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL](https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL)

**Lockdown Learning from BBC**

<https://www.bbc.co.uk/bitesize/articles/zvryp4j>

**Athletics (Running, Throwing and Jumping)**

**Funetics YouTube Channel**

<https://www.youtube.com/channel/UCIivWCjutNqP4ZSY2FSEQVw/videos>

**Cricket**

**Chance to Shine Twitter Regular Videos**

<https://twitter.com/Chance2Shine> <https://www.chancetoshine.org/>

**Football**

**Filbert's Surprise Challenge**

<https://youtu.be/UEG2D4lZHn0>

**The FA-Regular Challenge on Twitter**

<https://twitter.com/FA>

**Tennis**

LTA

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

**Inclusive Sports**

<https://inclusivesport.net/>

**Early Years Foundation Stage**

Funky Feet Music-Movement to Music

<https://www.youtube.com/channel/UCz73wN5rMFEyezAKLCvDUcg/videos>

## **Dance**

### **Just Dance**

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

### **Dance with Oti**

[https://www.youtube.com/watch?v=YITV9IVl3x0&list=PLuwFE3Wyin9cEHEnNWaqBNndTMXzH7\\_8u](https://www.youtube.com/watch?v=YITV9IVl3x0&list=PLuwFE3Wyin9cEHEnNWaqBNndTMXzH7_8u)

### **Boogie Beebies – active videos for EYFS children**

<https://www.bbc.co.uk/programmes/b006mvsc>

## **Gymnastics**

### **Max Whitlock Sessions**

<https://www.youtube.com/channel/UCu-rJFVlr7ZAZ0en3RRALPw/videos>

## **Yoga**

### **Cosmic Kids Yoga**

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

### **Mindful Warriors**

<https://www.mindfulwarriors.co.uk/>

## **Well-being (Mindfulness and Mental Health)**

### **Leicester City SSPAN Well-being at Home**

<https://www.leicestercityssp.org.uk/parents>

### **Learful with Jo**

<https://www.learnful.co.uk/>

### **Smiling Mind (Free App to support Mindfulness in young people)**

<https://www.smilingmind.com.au/>

## **Physical Fitness and Various Type of Physical Activity**

**Joe Wicks Workout** – High intensity workouts and online PE lessons for children, PE sessions every weekday on his Youtube channel and live on Monday, Wednesday and Friday morning at 9am

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

### **Super Movers – Online exercise with a maths and English theme!**

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q>

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

### **Disney 10 Minute Shake-ups – Disney themed 10 minute activity videos**

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

### **Go Noodle – Various energetic videos using a range of themes to get children moving**

<https://family.gonoodle.com/>

## **Scouts**

<https://www.scouts.org.uk/activities/>