

Activity Programmes	Recommended for use at:	
	School	Home
<p><b>Joe Wicks - The Body Coach Youtube channel</b> 30 minute workout Monday - Friday at 9.00am for as long as schools are closed.</p> <p><a href="#">Click Here to Access</a></p>	<p>.</p> <p>.</p> <p>✓</p>	<p>.</p> <p>.</p> <p>✓</p>
<p><b>Premier Sport</b> Resource to help schools and parent's keep their children active. Includes activities focusing on Physical / Wellbeing / Lifeskills in PDF format <a href="#">Click Here to access</a> See separate email with letter for parents</p>	<p>.</p> <p>.</p> <p>.</p> <p>✓</p>	<p>.</p> <p>.</p> <p>.</p> <p>✓</p>
<p><b>Tenergy</b> A borough programme – 10 minutes of physical activity everyday, anywhere anytime. Log on to the borough schools intranet or via <a href="http://ngfl.bdcs.org.uk">http://ngfl.bdcs.org.uk</a> Click on GO 365, Health (in green) Get Active and then select video resources you would like: Six Fitkid video works outs - easy to follow exercise to music routines 65 one minute energy blasts Get Strong : the 101 Strength and Conditioning Games and Activities are suitable for primary school pupils in years 5/6 and secondary aged pupils in years 7-11. Tenergy+ resource pack of skipping; games; circuits and chairtastic cool down activities</p>	<p>..</p> <p>.</p> <p>✓</p>	<p>..</p> <p>.</p> <p>✓</p>
<p><b>Youth Sport Trust - Stay Home Stay Active</b> Fun Challenges and PE activities for school and home. Activity cards in PDF format. <a href="#">Click Here to access</a></p>	<p>.</p> <p>✓</p>	<p>.</p> <p>✓</p>
<p><b>Disney Shake Up Games   10 Minute Shake Up   Change4Life</b> 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! <a href="#">Click Here to access</a></p>	<p>✓</p>	<p>..</p> <p>✓</p>
<p><b>BBC Super Movers</b> Fun curriculum linked resources to get everyone up and moving <a href="#">Click Here to access</a></p>	<p>✓</p>	<p>..</p> <p>✓</p>
<p><b>This Girl Can – Disney Dance Along (for boys too!)</b> This Girl Can is all about celebrating kids getting active, no matter how they like to do it. Series of short dance routines - learn the moves or put your own spin on the routines. <a href="#">Click Here to access</a></p>	<p>.</p> <p>.</p> <p>✓</p>	<p>.</p> <p>.</p> <p>✓</p>