

## Physical education (PE) and physical activity

This updated list of physical education (PE) and physical activity resources has been collected and assured with support from organisations including:

- the Association for Physical Education
- Public Health England
- Sport England
- the Yorkshire Sport Foundation
- David Ross Education Trust
- Cheltenham Ladies' College
- United Learning

These resources will help young people to get the daily 60 minutes of activity recommended by the UK Chief Medical Officer in fun ways.

Children and young people should always follow the [latest official advice on social distancing](#).

The activities can be adapted to suit the abilities and physical, emotional and learning needs of individual children and young people. Always make sure that the space and any equipment children and young people will use for these activities are safe.

### PE and physical activity: primary

#### **Boogie Beebies**

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

**Key stages:** early years foundation stage

**Description:** videos that get younger children up and dancing with CBeebies presenters.

**Registration:** not required

#### **Disney 10 Minute Shakeups**

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

**Key stages:** early years foundation stage to key stage 2

**Description:** 10-minute activities based on Disney films that count towards a child's 60 active minutes per day.

**Registration:** not required

### **Lawn Tennis Association**

**Website:** <https://www.lta.org.uk/tennis-at-home>

**Key stages:** key stage 1 and key stage 2

**Description:** videos, activity cards and resources giving children the chance to explore key character qualities demonstrated by tennis players.

**Registration:** not required

### **Super Movers**

**Website:** <https://www.bbc.co.uk/teach/supermovers>

**Key stages:** key stage 1 and key stage 2

**Description:** videos which help children move while they learn. They support curriculum subjects, including maths and English.

**Registration:** not required

### **#ThisIsPE**

**Website:** <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

**Key stages:** key stage 1 and key stage 2

**Description:** videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

**Registration:** not required

### **UK Active**

**Website:** <https://ukactivekids.com/movecrew/>

**Key stages:** key stage 2

**Description:** resources and videos produced to help pupils perform 60 minutes of daily recommended activity.

**Registration:** not required

**Youth Sport Trust - Complete PE**

**Website:** <https://www.youthsporttrust.org/free-home-learning-resources-primary>

**Key stages:** early years foundation stage to key stage 2

**Description:** online planning and assessment resources, providing teachers with lesson plans and resources to support the delivery of physical education.

**Registration:** not required