

Physical Activity Interventions – Parents

Title/ Intervention	Address/website link	Basic Descriptor	Who is it aimed at?	Cost	Comments
Department for Education	https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education	List of online educational resources to help children to learn at home.			
Sport England	https://www.sportengland.org/stayinworkout/	A range of home workout options – including existing free exercise content and advice from organisations such as the NHS, and workouts from popular fitness brands and influencers and extended trials to help people get easy access to home exercise.	All	Free	
Go Noodle	www.gonoodle.com	Range of Wake and Shake activities		Free	
Dough Disco	https://www.tes.com/teaching-resource/dough-disco-6327499	Dough disco involves moulding play dough in time to music and performing different actions such as rolling it into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it		Free (other than the dough)	Sessions short

I-Moves	join.theimovement.com	<p>Free fun activities for parents to keep children happy, healthy and focused.</p> <p>The imovement gets kids learning actively every day at home.</p> <p>It's FREE forever for you to use with your children aged 4- to 11-years old and features new fun activities every day.</p>			Will be extending the range of resources available on their free 'The imovement' platform so they can be used by parents in the home as well as teachers in the classroom.
Get Set – Olympic Games Indoor Activities	https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity	Free activities, challenges and learning resources for parents to do indoors or in their garden with their children.		Free	
Change4Life Activities	https://www.nhs.uk/change4life/activities	Fun 10 Minute Shake Up games to information about active hobbies and sports.		Free	
Body Coach – Joe Wicks	https://www.youtube.com/user/thebodycoach1	Physical Activity exercise		Free	
Active Maths	www.active-maths.co.uk	Interactive resources that will enhance and enrich the teaching and learning of maths		It is now FREE to use all the Active Maths resources No password needed	

Premier League Primary Stars	www.plprimarystars.com	Whole School Resources		Free	Sign up required online
Cosmic Yoga	https://www.cosmickids.com/	KS1 based yoga activities		Free	
BBC Super Movers	www.bbc.co.uk/sport/football/supermovers	Range of physical activity resources Fun curriculum linked resources to get pupils moving while they learn	Key stage 1 and 2	Free	Sign up required online
Jump Start Jonny	www.jumpstartjonny.co.uk	Range of exercise videos		Free content available School membership from £190 per year	Sign up required online
Real PE at Home	https://jasmineactive.com/solutions/real-pe/			Infant school - £1295 + VAT Primary school - £1795 + VAT Junior School - £1395 + VAT	During this challenging time, ALL schools can access real PE at home for FREE to support their families during school closures
Nottingham City	https://www.nottinghamcity.gov.uk/stay-at-home?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=	Resources to help you stay happy and healthy at home.		Free	

Active Monopoly	https://www.st-johns-pri.bham.sch.uk/active-monopoly/	Active version of the game monopoly		Free	
Active Uno	http://www.stillplayingschool.com/2016/02/uno-games-kids.html	Active version of the game UNO		Free	
Active Snakes and Ladders	https://www.pnecf.net/pnecet/news3/2020/april/snakes-and-ladders-games-for-primary-school-pupils-of-all-ages/	Active version of the game Snakes and Ladders		Free	
Oti Mabuse Dancing at Home	https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g			Free	
YST Activity Cards	https://www.youthsporttrust.org/free-home-learning-resources-0	Range of innovative resources to help more children enjoy the benefits of PE and Physical Activity both in and outside of school			
British Nutrition Foundation	https://www.foodafactoflife.org.uk/	Food – a fact of life, from the British Nutrition Foundation and the Agriculture Horticulture Development Board, provides free, editable, curriculum-compliant resources for teaching young people aged 3 to 16 about where food comes from, cooking and healthy eating. All resources are designed to ensure that consistent and up-to-date messages are delivered.	The Food – a fact of life education programme supports teachers, and their pupils, across all stages and phases.	Resources are free to download from the website.	
YST - This Girl	www.youthsporttrust.org/this-girl-can/teachers	Sport England commissioned the Youth Sport Trust to create a resource for secondary schools. The resource supports	Secondary schools in England	Resource available on YST page	

Can...Create Change!	https://www.thisgirlcan.co.uk/activities/	teachers and girls to develop and deliver a This Girl Can campaign in their school.	(resource for teachers and girls)	www.youthsporttrust.org/this-girl-can/teachers	
Derby County Community Trust	https://www.derbycountycommunitytrust.com/programmes/schools/resources/ https://www.facebook.com/DerbyCountyCommunityTrust/videos/233166834402098/ https://www.derbycountycommunitytrust.com/home-workout-routine/?fbclid=IwAR3URWsg9B9O0ft3FR4neKb7l-B3olaB_5BVyNTauoH7gmUyDtnqpm4Kfo	Derby County Community Trust are sharing free resources for use at home in order to keep children active, busy and learning.	Mainly primary age children	Free	Sign up via link
TTS	https://www.tts-group.co.uk/home+learning+activities.html	TTS have created a curriculum-focused independent learning resource with over 40 home learning activities all planned and all prepared!	Early Years/ KS1/ KS2	Free	
Pobble	https://pobble.com/home-learning-resources	Sign up to Pobble's parent mailing list to receive home learning ideas and activities every week	Primary	Free	Sign up via link
Andy's Wild workouts on CBeebies	https://www.bbc.co.uk/programmes/p06tmmvz	Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure.	Primary	Free	
Chance to Shine	https://www.chancetoshine.org/teaching-resources	Free resources for Primary and Secondary schools, so teachers can lead their own cricket sessions with confidence.	Primary and Secondary	Free	

DDdancemix featuring Darcey Bussell	https://ddmixforschools.com/	Dance Fitness by Dame Darcey Bussell that gets kids moving.	Primary	Live streaming every day at 1:30pm on Facebook live, delivering a 10 min shake up, giving children a short active boost before the afternoon ahead.	
Pierrepont Gamston Primary School	https://www.pgps.org.uk/physical-and-mental-wellbeing/				
Boogie Beebies	https://www.bbc.co.uk/programmes/b006mvsc	Videos that get younger children up and dancing with CBeebies presenters.	Early years foundation stage		
Funetics	https://funetics.co.uk/for-parents/funetics-activity-videos?utm_source=emailmarketing&utm_medium=email&utm_campaign=rtr_at_hletics_and_running_for_everyone_home_edition_4&utm_content=2020-04-16	20 funetics videos demonstrating fun, safe and interactive running, jumping and throwing activities to help parents keep their children active at home	Primary	Free	
Disney 10 Minute Shakeups	https://www.nhs.uk/10-minute-shake-up/shake-ups	10-minute videos based on Disney films that count towards a child's 60 active minutes per day	Early years foundation stage to key stage 2		

#ThisIsPE	https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/	Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.	Key stage 1 and 2 and Key stage 3 and key stage 4		
Fitness Blender	https://www.fitnessblender.com/	Videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.	Key stage 3 to key stage 5		
Les Mills	https://signup.lesmillsondemand.com/friendsandfamily/?utm_medium=digital&utm_source=sportengland&utm_campaign=sport-england	Unlimited access to the platform with more than 800 workouts that are taught in 21,000 gyms around the world - sessions ranging from 15-55 minutes.		Les Mills on Demand is offering a 30-day free trial.	
Fiit	https://fiit.tv/pricing?utm_campaign=stayinworkout&utm_source=stayinworkout&utm_medium=referral&at_ref=rv1dwtz&coupon=SPORTENG25	The platform has more than 600 workouts and training plans, from entry level to advanced, including cardio, strength training, yoga and Pilates with personal trainers.		Fiit is offering a 30-day free trial and 25% off their app.	
Nike Training Club	https://www.nike.com/gb/ntc-app	With Nike Training Club, you get free access to over 190 free workouts across strength, endurance, yoga and mobility targeting your abs, arms, shoulders, glutes and legs.			
Her Spirit	https://herspirit.co.uk/	Her Spirit is a personalised coaching and community app for your mind and body. There are classes available in the 'body' section of the app including meditation, yoga, cycling, strength, HIIT, mobility and circuit sessions.			

Move GB	https://offers.movegb.com/move_at_home_14daysfree?utm_campaign=mah_sportengland&utm_source=sportengland&utm_medium=referral	a fantastic mix of live-streamed classes - many of which are free or reasonably priced - with instructors local to you, allowing you to support fitness instructors at this difficult time.		Move GB is offering an exclusive 14-day free trial to its platform, which normally costs £1 per week.	
POPSUGAR Fitness	https://www.youtube.com/channel/UCBI NFWq52ShSgUFEoynfSwg	Over 500 ad-free workouts from celebrity trainers and fitness experts, including POPSUGAR's exclusive multi-week challenges.		The app 'Active by POPSUGAR' is also free to use at this time.	
Our Parks	https://www.youtube.com/channel/UCK TBvoYglo-As3GBURHI8fA/playlists	Our Parks is known for delivering fitness sessions in parks across London and the UK. On their YouTube channel you can find at-home workouts, delivered by qualified instructors, to do at any time of the day.			
Rattle and Roll	https://www.youtube.com/channel/UCYj tS-y4336fRG2E0zLDMYg	Stay active at home with virtual classes on YouTube. Choose from dance; drama; singing; recorders; yoga; outdoor learning and pre-school.		Free	
Sweaty Betty	https://www.sweatybetty.com/workout-videos.html	Workout from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT, you'll be able to find a class to suit your timeframe and fitness level.			
Yoga with Adriene	https://www.youtube.com/user/yogawit hadriene	Yoga With Adriene provides high quality practices on yoga and mindfulness, at no cost, to inspire people of all ages, shapes and sizes across the globe.			

Rachel Lawrence Pilates	https://www.youtube.com/channel/UCIfUrFyAWGeB6kMaEVRqR5Q	Known as The Girl with the Pilates Mat, Rachel Lawrence shares her expertise in a warm, friendly style with a wide range of free Pilates classes to inspire, inform and challenge.			
Anna Martin Fitness	https://www.youtube.com/channel/UCrTem24YHu4M4GsrVsPntOO	Anna Martin Fitness brings you 30 days of workouts to improve your posture, movement patterns and mobility, as well as working on technique.			
UK Active Kids – Move Crew	https://ukactivekids.com/movecrew/	Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity.			
Education.com	https://www.education.com/resources	At home learning resources, includes mindfulness	Young children and parents	Free	
Next Level Sports	www.nextlevelsportsltd.com	Monday - KS1 Multi Skills with Mr Smith Tuesday - Dance with The Bucknall Sisters Wednesday - Football with Mr Hardy Thursday - Gymnastics with Ms Lockwood Friday - Coordination Skills with Mr Yates		Free	
ECB	https://www.ecb.co.uk/news/1667995/ecb-launches-dynamos-cricket-app-for-kids	ECB Dynamos App initiative to help children age 8+ to play cricket at home	Children aged 8+	Free	