

PE and sport activities for at home

Activities that can be completed inside (No equipment)

- Set up a simple circuit of exercises – Press ups, sit ups, star jumps, squats etc. (Find some resources on the school website).
- Use a video to complete an exercise routine (websites linked below or there are lots of ideas on YouTube).
- Yoga based movement activities (Videos linked below).
- Balance activities, Can you stand on one leg? Can you balance on a solid item?
- Stretching activities (Resources and photos available on the school website).

Activities that can be completed inside (equipment you may have at home)

- Throw and catch a ball or small object.
- Target based games (Throw an object into a bucket).
- Bowling (different items can be used instead of pins).
- Weights based exercises (if you have any at home, exercises can also be completed with household items such as cans of food!)
- Limbo – Can you get underneath a rope or stick without your hands touching the floor?
- Scavenger hunt (can you find items placed around the house?)
- Obstacle course (use a range of household items to create a course the students must complete).

Activities that can be completed in a garden or outside space

- Walking (aim for 10000 steps in a day).
- Running.
- Throwing and kicking games.
- Complete a circuit of fitness based exercises (Resources/ideas on the school website).
- Striking and fielding games (use a makeshift bat with a ball to play a version of Rounders or cricket).

- Volleyball (use material to make a 'net' and hit the ball from one side to another).
- Obstacle courses (use a range of household items to create a course the students must complete).

Useful websites for physical activity ideas

- <https://5-a-day.tv/> 5 minute exercise videos (no equipment required).
- <https://family.gonoodle.com/> Physical movement videos to music (no equipment required).
- <https://www.youtube.com/user/CosmicKidsYoga> Movement based yoga videos based around stories (no equipment required).
- <https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity> a range of activity ideas that can be completed inside.
- <https://www.nhs.uk/conditions/nhs-fitness-studio/> Physical activity ideas from the NHS.
- <https://www.nhs.uk/change4life> Activity ideas as well as recommendations for maintaining a healthy lifestyle.