

Physical activity websites and resources

Below is a list of a range of different resources/websites that you may want to use at home.

In what is a difficult time for all, we all know the importance of physical activity so hopefully everyone can find something useful from the resources below!

Caroline Collie (SSCO) and Leigh Churchward (SGO) (Director of Specialism)
Buckingham School Sports Partnership

<https://www.youthsporttrust.org/pe-home-learning>

A range of activities that the youth sport trust have compiled to be completed at home

<https://www.rugbycoachweekly.net>

A range of rugby activities to complete from home

<http://www.boingkids.co.uk>

Physical activity through lots of fun games and activities

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Joe Wicks PE lessons, great for the students to start the day

<https://www.familyfuntwincities.com/physical-activities-for-kids/>

Activities that can be done by the family with minimal equipment at home

<https://www.unicefkidpower.org/fun-sports-activities-games-resources-kids/>

Unicef resources which are great to complete at home

<https://www.thepeshed.com>

Loads of PE resources to be used

[https://www.teachingideas.co.uk/subjects/games\](https://www.teachingideas.co.uk/subjects/games/)

Fun games to be completed from all ages