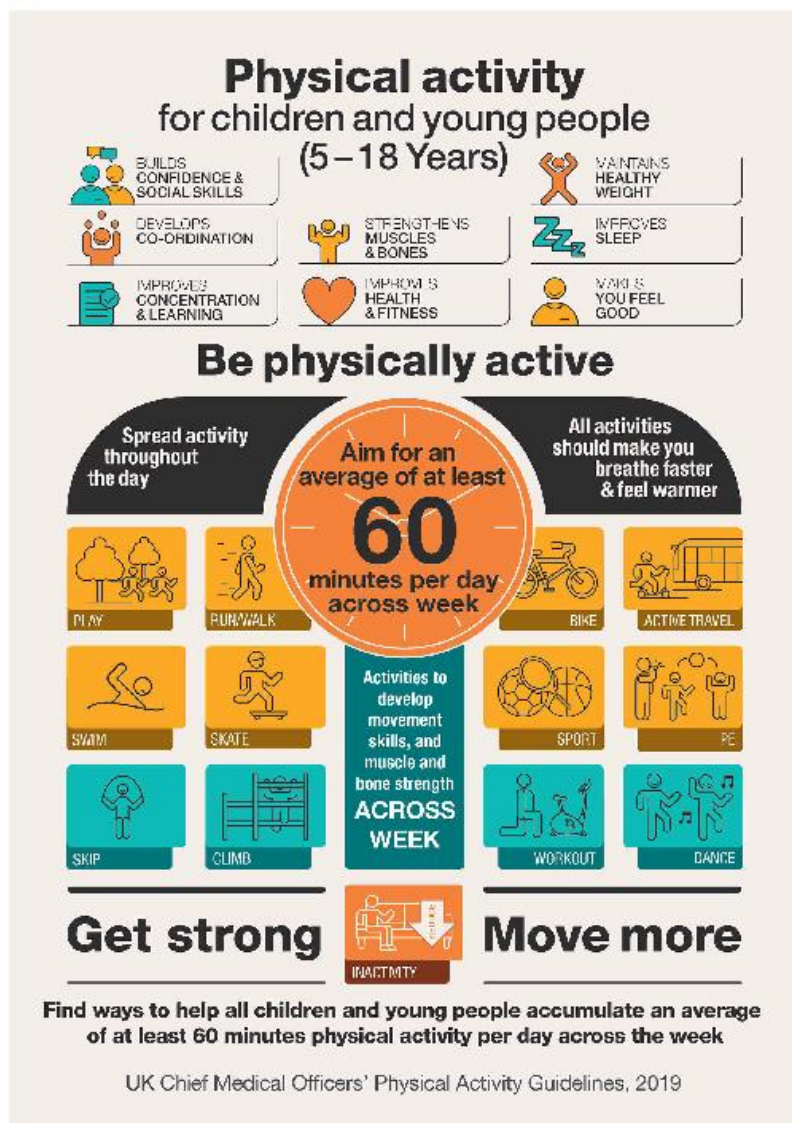




# West Leeds SSP

Home Learning Resources & Ideas

(updated June 2020)



It is recommended that children and young people are physically active for 60mins per day.

The pages in this resource are designed to provide you with ideas of how this can be achieved, at home, during this current period of home learning.

You may already have your own ideas which you are using, that's great, keep going! This resource is by no means exhaustive and it will be updated.

Try to incorporate some ideas from each section to contribute to the 60mins. It doesn't have to be completed all at the same time, spread it out over the day!

# Physical Activity & Fitness

*Physical Activity is a broad term that describes bodily movement, posture and balance. All require energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening. (afPE, 2020)*

## Sport England

Links to resources for all the family including activities to support mental health

[https://www.sportengland.org/stayinworkout#get\\_active\\_at\\_home](https://www.sportengland.org/stayinworkout#get_active_at_home)

## Fitness Blender

Free workout videos and training programs.

<https://www.fitnessblender.com/>

## Leeds Rhinos Foundation

Mon/Weds/Fri workouts broadcast on YouTube

<https://www.youtube.com/watch?v=jKL6Lw9-d50&list=PLfRtjAE9m2kUAc8fj9gft8d0hULdpIoE>

## Move Crew

Daily challenges based on a weekly theme. Delivered by teachers, athletes and coaches.

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

## Go Noodle

Ideal for KS1 – themed videos to watch and dance along to!

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

## JU:MP

Fun activities and games designed to keep the whole family moving and active

<https://jumpathome.org/>

# Physical Education @Home

*Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both '**learning to move**' (i.e. becoming more physically competent) and '**moving to learn**' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance. (afPE, 2020)*

## #thisispe

Endorsed by the Dept. of Education,  
KS1/2 home PE videos delivered by  
PE teachers

[https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL](https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL)

## Youth Sport Trust

Home based PE activities to develop  
physical competence and active  
learning

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

## King Edward SSP

New PE resource cards across all Key  
Stages updated every Friday  
(also on twitter @PEatHome1)

<https://www.kessp.com/page/?title=PE+at+Home&pid=45>

## Super Movers

Ways to stay physically active whilst  
learning across different curriculum  
areas, including English, Maths & MFL

<https://www.bbc.co.uk/teach/super-movers>

## Real PE

Learning resources to support  
families to be active, play and learn  
together

<https://jasmineactive.com/news/home-learning-resources/>

## #thisispe

Endorsed by the Dept. of Education,  
KS3/4 sport specific activities  
updated regularly

<https://www.youthsporttrust.org/free-home-learning-resources-secondary>

## School Games

Activity cards produced by various NGBs which have been adapted for the home environment

<https://www.yourschoolgames.com/coronavirus-support/ngb-activities/>

## Netball

Videos and resources for primary age children based around 'Bee Netball'

<https://www.englandnetball.co.uk/bee-at-home/>

## Football

Includes links to cross-curricular activities including English and Maths

<https://plprimarystars.com/>

## Cricket

Videos and activity cards for the various disciplines of cricket

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak>

## Rugby

Videos and activity cards developed to aid practice of the key skills in rugby

[https://www.rugby-league.com/skill\\_to\\_play](https://www.rugby-league.com/skill_to_play)

## Athletics

Videos to support the development of skills across all athletic disciplines

<https://www.youtube.com/channel/UCIvWCjutNqP4ZSY2FSEQVw>

## Table Tennis

Simple activities to get you started playing table tennis. Includes adaptations for playing at home.

<https://www.ttkidz.co.uk/play-at-home/>

## Tennis

Fun tennis based activities that all the family can join in with at home

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

## Orienteering

New challenges and activities added daily. A great introduction to what may be a new sport for you

<https://www.scottish-orienteering.org/resources/puzzles-and-challenges/>

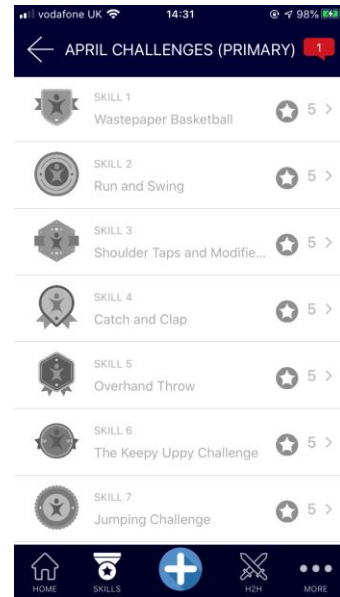
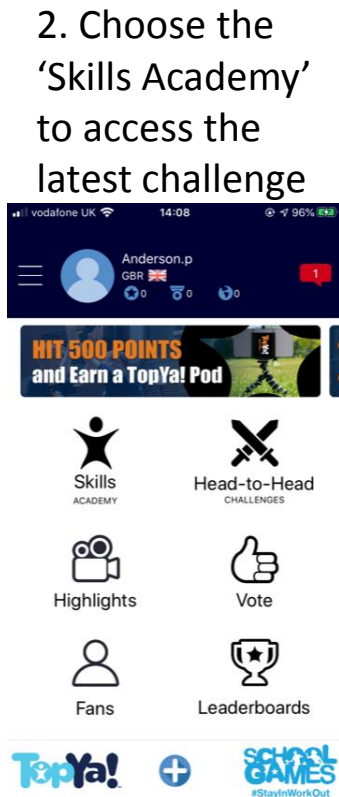


<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

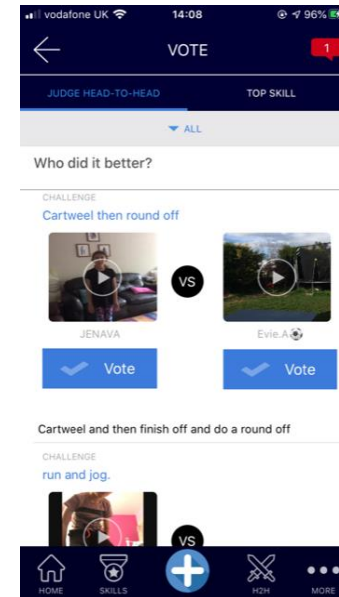
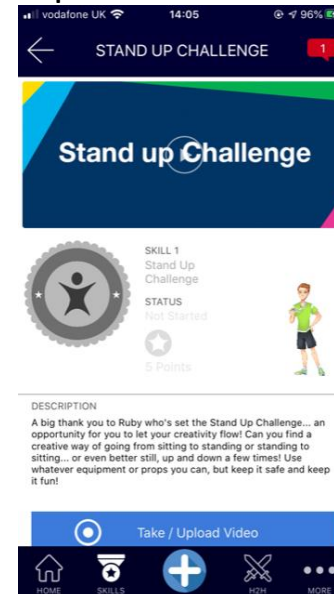
There are still opportunities for children to be involved in competitive games, even at home! Click on link above, read through the guidelines and then download the 'Topya! Active' app to be involved. Once registered they'll be able to complete the various challenges, upload videos, vote for the winners and try and top the leaderboard!



1. Download the app and register using invite code 23880



4. Watch the video and keep trying to achieve the highest possible score



6. Check the leaderboard!

# LEADERBOARDS

SCHOOL GAMES AC...SHIP LEADERBOARD

1

Overall

My Age

Boys

My Teams

This Week

This Month

All Time

Last Week

Last Month

RANK

PLAYER

1

Mr Robertson  
Abbey School

85

13

2

Reuben Flood  
reuben2012

55

11

2

Olivia Brown  
FunLvi

55

11

2

Jack Brown  
JacBro

55

11

5

Dan Holmes  
holmeszila

51

9

6

Isabelle Roberts  
IzzyStar

50

10

6

Ellie Duffy  
ElliePE

50

10

6

William Duffy  
WilliamPE

50

10

9

Logan Jenkin

48

9

HOME

SKILLS

H3H

MORE