

Home Learning

[Active recovery](#) is a government lead site that aims at tackling the impact the pandemic has had on our health and wellbeing. There are loads of things to do here, so have a play and don't forget to let us know how you got on by tweeting @schoolhardingPE

[Made to play](#) is a charity focused on getting us all moving more! Backed by Discovery Education and Nike, they have a wealth of resources including videos and games to help us all be more active at home, check it out [here](#).

[Jump Start Jonny's](#) fun workouts and chill-out videos are loved by over 250,000 Jumpsters, you can be one too.

[Disney 10 minute shake ups at home games to play featuring some well loved Disney/Pixar characters](#)

[Cosmic Kids Yoga](#) – yoga videos ranging from 5 to 30 minutes available via YouTube

[Just Dance Videos](#) – free online dance videos to current and classic songs which can be completed in a small space.

[Supermovers](#) Fun curriculum linked resources to get your class moving while they learn

[Les Mills](#) 20 or 40-minute class is jam-packed with cool music and foundation fitness moves and fun games

[Joe Wicks' 5 minute workouts for kids](#) is a selection of shorter workouts for primary children.

[GoNoodle](#) lots of fun videos, games and off-screen activities

[Change4Life Train like a Jedi](#) it's time to get your kids active as they learn to master the ways of the Jedi

[FUNetics](#) the videos demonstrates parents and children taking part in FUN activities

[DodgeFive@home](#) are games created by British Dodgeball to help acquire and develop essential Dodgeball skills

[Extra-time FA Football activities](#) explore football activities that you can do at home to keep you on top of your game