



On the table below, you will find useful online links to supplement learning at home. This includes sites offering interactive resources, video clips, games or other resources that can be used at home.

Please note that whilst all sites have been checked by school staff, website content can change. Parents should check all sites before they are used by the children and ensure that suitable filters are in place on all devices.

Website or app	Information and details for parents
<p>IMOVES: Free, fun activities to get children moving – differentiated 4–7 / 7–11 https://imoves.com/the-ovement</p>	<p>Choose from Quick Blasts providing short bursts of activity, to full Active Blasts which offer to up a 10 minute workout. There's also some lovely activities to support Mental Wellbeing as well as of fun Boredom Busters to stimulate the mind.</p>
<p>Cosmic Yoga https://www.youtube.com/user/CosmicKidsYoga</p>	<p>These simple children's yoga sessions follow a storyline to keep children engaged. They are great for exercise, mindfulness and relaxation.</p>
<p>Disney 10 Minute Shakeups https://www.nhs.uk/10-minute-shake-up/shake-ups</p>	<p>10-minute activities based on Disney films that count towards a child's 60 active minutes per day.</p>
<p>Boogie Bebies https://www.bbc.co.uk/programmes/b006mvsc</p>	<p>Videos that get younger children up and dancing with CBeebies presenters.</p>
<p>Super Movers https://www.bbc.co.uk/teach/supermovers</p>	<p>Key Stage 1 and Key Stage 2 videos which help children move while they learn. They support curriculum subjects, including maths and English.</p>

<p>Change For Life https://www.nhs.uk/change4life/activities/indoor-activities</p>	<p>This website offers 10 minute “shake up” activities you can do indoors, between academic work, to give those brains a shake up!</p>
<p>Jump Start Jonny https://www.jumpstartjonny.co.uk/free-stuff</p>	<p>Weekly workouts and activities (a paid site with access to some free activities – includes mindfulness)</p>
<p>Joe Wicks PE sessions for kids https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ OR https://www.youtube.com/user/thebodycoach1</p>	<p>Joe Wicks, The Body Coach, has been offering free PE lessons on his YouTube channel every weekday at 9am. This helps to give some structure to the children’s day and gets them moving!</p>
<p>#ThisIsPE https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/</p>	<p>Key Stage 1 and Key Stage 2 videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.</p>
<p>Cricket For Girls https://twitter.com/cricketforgirls</p>	<p>Cricket for Girls twitter feed, Head Coach and former England Cricketer, Lydia Greenway, will be setting weekly cricket challenges to keep pupils, children and players occupied and active.</p>
<p>Chance to Shine https://twitter.com/kentcricketdev/status/1242463714584023040?s=20 https://twitter.com/Chance2Shine/status/1242059028060135425</p>	<p>For those not currently at school that use social media, our twitter channels (@kentcricketdev& @Chance2Shine) will have weekly challenges for your pupils (and you!) to try at home!</p>