

Be HAPPY



Healthy | Active | Physical | Positive | You

Visit: sportinherts.org.uk/workoutfromhome/behappy

Challenges - 60 Seconds

A fun 'compete against yourself' approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medals. Can you try a different challenge each day or week? You can track your progress as you go!



Skills - Home PE

Here are a range of activities for you to try, from athletics to dance. These PE activities can be done on your own, in pairs or in small groups.

Outside

A scavenger hunt! Can you spot these items outdoors whilst you're out on a walk or around the garden? How many do you recognise?



Quizzes and Games

Keep tiny minds active with fun brain games that have a sporting link! Guess logos, name famous players and test your knowledge of sporting venues.



Movement

We have some great websites and YouTube channels to follow which will get you moving!

This is PE

Daily Mile

Disney Dance Along

BBC Supermovers

Change 4 Life

Go Noodle

Move Crew

Coming soon...

Virtual School Games

