







Please see the list below for a wealth of home learning resources for PE and physical activity. The chief medical officer guidelines state that children 1-5 years old should undertake 180 minutes of physical activity a day and 5-18 year old should undertake at least 60 minutes of physical activity a day. The infographic below show what sort of activities count towards these active minutes.
















## Physical activity for early years (birth – 5 years)

Active children are healthy, happy,  
school ready and sleep better

 BUILDS RELATIONSHIPS & SOCIAL SKILLS	 MAINTAINS HEALTH & WEIGHT	 CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
 IMPROVES SLEEP	 DEVELOPS MUSCLES & BONES	 ENCOURAGES MOVEMENT & CO-ORDINATION

### Every movement counts

Aim for at least  
**180**  
Minutes  
per day  
for children 1-5 years

 PLAYGROUND				
 JUMP	 CLIMB			
 MESSY PLAY	 THROW/CATCH	 SKIP		
 OBJECT PLAY	 DANCE	 GAMES	 PLAY	
 TUMMY TIME	 SWIM	 WALK	 SCOOT	 BIKE

### Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

# Physical activity for children and young people (5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

Aim for an  
average of at least

**60**

minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to  
develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**



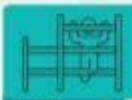
SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

**Get strong**



INACTIVITY

**Move more**

Find ways to help all children and young people accumulate an average  
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

## Useful resources

- <https://sportinherts.org.uk/workoutfromhome/behappy/> - This is the best website for resources. This link takes you to a page where the Herts Sports Partnership professional and experiences PE educators have listed the best resources out there at this time.
- AfPE on Twitter or on their website @ <https://www.afpe.org.uk/coronavirus-guidance-support/> - they are the national body for Physical Education in the UK and are working closely with the Yorkshire Sport Foundation to produce the #ThisIsPE resource videos. The video are home learning activities that can be used at a variety of age groups.
- <http://www.dacorumschoolsportsnetwork.co.uk/> - This is the website of our local School Games organiser. They have been setting a weekly personal challenge to be completed at home. Scroll down to 'this term' on the left side of the screen and click on the challenges.
- <https://plprimarystars.com/for-families> - Premier League Primary Stars. There are a wealth of resources for PE home learning, physical activity and this site provides regular updates.
- <https://www.bbc.co.uk/teach/supermovers> - BBC Supermovers. These resources are activity videos that children can watch and copy the actions. Activities range from EYFS, KS1 and KS2.
- <https://www.youthsporttrust.org/free-home-learning-resources-0> – The Youth Sports Trust are a charity organisation devoted to PE, School Sports and Physical Activity. There are a range of home learning resources, personal challenge videos and they will be posting a daily activity on their twitter feed (<https://twitter.com/YouthSportTrust>)
- <https://www.youtube.com/channel/UCS87u4n8b3XMg5jflJkDu5w/videos> - The Saracens Sport Foundation youtube channel will be posting daily activities.
- <https://www.youtube.com/user/CosmicKidsYoga> - Cosmic Kids Yoga youtube page. There are hundreds of childrens yoga videos on this page that are extremely easy to follow and require no set up at all.
- [https://www.amaven.co.uk/young-champions?utm\\_source=ZohoCampaigns&utm\\_medium=email&utm\\_campaign=FREEYChamp2020](https://www.amaven.co.uk/young-champions?utm_source=ZohoCampaigns&utm_medium=email&utm_campaign=FREEYChamp2020) – Home training programme for children. This is a free resource but requires sign up. There is also an app that can be used.
- <https://imoves.com/the-imovement> - Daily activities online but also a downloadable daily activity timetable. They have physical activity videos as well as meditation and other resources to support children's mental health and wellbeing.
- @GetSet4PE on twitter – They will be posting daily activities and challenges.
- Joe Wicks, The Body Coach TV – Joe will be posting a daily PE lesson every morning from 9am – 9:30am live on his youtube channel. In addition to this, Joe already has a wealth of children's workouts on his page that are simple and easy to follow with minimal/no equipment.

Feel free to email me at [kai.lewis@greenway.herts.sch.uk](mailto:kai.lewis@greenway.herts.sch.uk) if you have any queries surrounding PE and physical activity. I would be happy to help!

Thanks

Mr Lewis