

Physical Education Resources for Remote Learning

Below are some ideas for you to keep learning the skills needed in Physical Education lessons. Whilst you are off school it is important to continue to learn Physical Education alongside the lessons provided by your class teacher. Most of the ideas below are designed to be completed at home whilst still learning the key skills we would use in a Physical Education lesson.

<u>Physical Education Resource</u>	<u>What is it?</u>	<u>Link</u>
Oak National Academy PE lessons	Lessons designed for children in Key Stage 2 and taught by PE teachers.	https://classroom.thenational.academy/subjects-by-key-stage/key-stage-2/subjects/physical-education
Power of PE	PE lessons ranging from KS1 up to KS2 mostly using household items.	http://powerofpe.co.uk/p-e-at-home-child-friendly-lesson-plans-new-sessions-added/
PE and School Sport Network Lessons	Activities and lessons for children from Years 1 through to Year 6.	https://www.youtube.com/channel/UCd-5-laythpuLFx2MAQNLA/videos
Keep Kids Active	Each lesson includes 30 minutes of input from a PE teacher followed by a 30-minute challenge for children to try at home.	https://www.loucoll.ac.uk/keep-kids-active
Gymnastics with Max	A series of Gymnastics lessons which can be completed at home with minimal equipment.	https://www.youtube.com/watch?v=rSDBj3jjK6s&t=1921s
Youth Sport Trust YouTube Channel	A range of different challenges or activities based on Physical Education and Physical Activity.	https://www.youtube.com/playlist?list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ
Youth Sports Trust PE Lessons	Activity cards and videos designed to cover all areas of the curriculum.	https://www.youthsporttrust.org/primary-pe-activities
This is PE (Yorkshire Sport)	Short two minute videos that provide easy to follow fun activities to support PE in the home.	https://www.youtube.com/user/WestYorkshireSport/videos

Primary PE Planning Home PE Activities	Fun and simple activities which can be completed at home. Choose either KS1 or KS2 activities.	https://primarypeplanning.com/home-pe/
Succeed In	Various links to free dance, skills and games videos to support with the teaching of PE at home.	https://www.succeedin.co.uk/activeathome/
PE Planning at Home	Dance, garden or indoor games, dance, gymnastics and family fitness ideas to support the teaching of PE at home.	https://peplanning.org.uk/downloads/pe-at-home/
Physical Education Challenges at Home	A range of different challenges with a focus on the skills required for Physical Education lessons.	https://www.youtube.com/playlist?list=PLyIH-FKI5rzdk8fg8iCE4IDjLywWtBxsQ



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