

Supporting P.E. at Home

Physical Education at our school focuses on developing fundamental movement skills, building confidence, and encouraging every child to enjoy being active. Families play an important role in supporting healthy habits, so we have gathered a range of ideas, resources and activities to help you enrich PE learning at home.

Some fun 60 second physical activities that be done at home or in an indoor space.

<https://www.youthsporttrust.org/school-support/free-resources/60-second-physical-activity-challenges>

<https://www.thisgirlcan.co.uk/disney-dance-alongs>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

There are high-quality platforms to support physical activity at home:

- BBC SuperMovers – active learning videos
- Youth Sport Trust – inclusive activity ideas
- NHS Change4Life – fun games and challenges
- Premier League Primary Stars – PE skills and challenges

These resources are free and child-friendly.