

Keeping Active Links

Imoves

<https://imoves.com/the-imovement>

The resources on this page have been created to help **teachers and parents** with home learning. We know that teaching your children at home can be very a daunting prospective and not at all easy - that's why we've created fun activities that many children will already be familiar with.

Supermovers

<https://www.bbc.co.uk/teach/supermovers>

The bbc supermovers site has some active videos for kids to dance and move to.

Joe Wicks Daily PE lessons

<https://www.youtube.com/user/thebodycoach1>

Amaven

<https://www.amaven.co.uk/young-champions>.

Daily fitness training session videos. Please remember the platform is free to use until the schools reopen. Register as a parent and add your children, you put more than one child on your parent login. If you don't have all the equipment, don't worry just use what you have.

Cosmic Kids Yoga

<https://www.youtube.com/cosmickidsyoga>

[Cosmic Kids Yoga](https://www.youtube.com/cosmickidsyoga) is full of Yoga, mindfulness and relaxation exercises designed especially for children aged 3+. It's used in schools and homes all over the world and aims to provide 'healthy screentime' for children to support their mental wellbeing. To access themed Yoga lessons, mindfulness activities & relaxation sessions, access their YouTube channel today.

Gorilla Kids

https://www.facebook.com/gorillakidsfitnessipswich/?_tn=%2CdkCH-R-R&eid=ARDLNRj1VStZ1izG9KA9Nx6bgwPi2JZBK0IN6QyrUakaZpAjEmFU_Geikg3c7MT3Mh2ii4CEoH4ENinT&hc_ref=ARTrw7aD-6qcN_6Qbt59VR5yx56MXtd9GAzBX1clPkFZgl7DTfpOfsVbx_X-WDUv9j4&fref=nf&hc_location=group

From Monday 23rd January 2020, Gorilla Kids Fitness will be posting new workouts and challenges every day at 11am for the whole family to do together at home.

Go Noodle

<https://www.gonoodle.com/>

Go Noodle provide movement and mindfulness videos created by child development experts. Available for free at school, home and everywhere kids are! Click on Get Started Now, then click on Families Play Now.

Disney Dance Alongs

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

This Girl Can & Disney have teamed up to create dance routines that all the family can do to get active together.

Les Mills

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-18-4-5-carpenter-lennox>

LesMills on Demand have created a selection of Born To Move home workouts that you and the children can follow from home, for FREE.

Ipswich Basketball

Here are a couple of links to home basketball training you can do.

Workout 1: <https://youtu.be/O3rf93XUcbA>

Workout 2: <https://youtu.be/Spe2JjSIJYE>

Max Whitlock

<https://www.youtube.com/channel/UCu-rJFVlr7ZAZ0en3RRALPw>

Olympic gymnastics champion Max has created some workout routines.

Funetics

https://funetics.co.uk/for-parents/funetics-activity-videos/?utm_source=emailmarketing&utm_medium=email&utm_campaign=f_athletics_and_running_for_everyone_home_edition_1&utm_content=2020-04-18

Athletics and Running video routines from the England Athletics family.

Sportshall Athletics Home Pentathlon

The Home Pentathlon is a fun way for families to take part in adapted Sportshall Athletics events within their home environment. - <http://www.sportshall.org/homepentathlon> . The guidance notes and online score system are supported by a set of Youtube clips which have been narrated by Olympic medallist Katharine Merry.

#ThisisPE (Videos)

https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL

Various bodies have compiled videos to support parents to teach PE at home. Short two-minute videos will be posted that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each #ThisisPE video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development. Videos will be posted at 1pm on a Monday, Wednesday and Friday.

Active Suffolk Challenges

<https://www.activesuffolk.org/give-it-your-best-go-weekly-chal>

Series of weekly challenge videos. The aim is to encourage young people to improve their skill in a particular challenge. We want people to send us a video of their first attempt of a particular challenge on Monday, followed by their improved attempt on Friday (with the hope that they have been practising all week, and personal improvement has been achieved). We will also be releasing a series of 'sporting memories' videos, recreating iconic sporting moments and encouraging others to do the same.

Youth Sport Trust Home Learning:

<https://www.youthsporttrust.org/free-home-learning-resources-primary>

Activities can be adapted to suit the home environment. Activities have been grouped in four sections: PE Home Learning, Active Breaks, 60 Second Challenges and Active Learning. Cards don't need to be printed out, just display on your screen.

Cricket

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak>