

HES HOME LEARNING - PRIMARY PHYSICAL EDUCATION



Key Stage(s)	Name	Website link	Description
KS1 and KS2	Youth Sport Trust	https://www.youthsporttrust.org/pe-home-learning	Physical Education – curriculum linked A range of activities to try, created in partnership with Complete PE. Focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.
KS1 and KS2	Youth Sport Trust	https://www.youthsporttrust.org/active-breaks	Physical Education – active breaks These are general fun physical activities for children to do throughout the day as a way to get active, have fun as a family and break up the day. Examples include hide and seek, den or fort building and 'hot potato' ball games.
KS1 and KS2	Youth Sport Trust	https://www.youthsporttrust.org/60-second-physical-activity-challenges	Physical Education – physical activity challenges 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 medal aims. We have a range of activity cards and videos.
KS1 and KS2	Youth Sport Trust	https://www.youthsporttrust.org/active-learning	English and Maths linked to physical education Teaching wider school subjects such as English and Maths in a physical way so as to reduce children sitting for too long and making the learning fun e.g. times table squats.
KS1 and KS2	I-Moves	https://imoves.com/the-ovement	Physical Education – teachers and home resources Fun activities Quick Blasts providing short bursts of activity, to full Active Blasts which offer to up a 10 minute workout. There's also some lovely activities to support

			Mental Wellbeing as well as of fun Boredom Busters to stimulate the mind.
KS2	Chelsea FC Foundation	Chelsea Foundation Resources	Physical Education – fitness, literacy, maths and creativity – cross curricular The free resource, called <i>Extra Time</i> , has been shared with school networks and will use Chelsea players from across men’s and women’s squads in a series of education activities focusing on fitness, literacy, maths and creativity.
KS1	BBC	https://www.bbc.co.uk/teach/ks1-physical-education/zdqhcqt	Physical Education - curriculum Free teacher classroom resources suitable for use in Physical Education lessons with primary school children at Key Stage 1
KS2	BBC	https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p	Physical Education - curriculum Free teacher classroom resources suitable for use in Physical Education lessons with primary school children at Key Stage 2
KS1 and KS2	Premier League Primary Stars	https://plprimarystars.com/home-learning/physical-activity	Physical Education – physical activity The Premier League Primary Stars team has selected some fun Physical activity resources to be used at home. Sign up for new free resources.
KS1 and KS2	Association for PE	https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/	Physical Education - curriculum ThisisPE video will focus on a different aspect of the National Curriculum. Videos will be posted at 1pm on a Monday, Wednesday and Friday. You don’t need to be in PE kit and you don’t need sports equipment.
KS2 and KS3	School Games	https://www.yourschoolgames.com/impact/news/school-games-active-championships-video-coaching-and-free-resources-keep-children-active-during-school-closures/	Physical Education – School Games competition and national activity campaign A programme of free daily digital content to help keep young people active during the Coronavirus crisis has launched, including video coaching and resources from sport National Governing Bodies. School Games Active Championships, being run through the TopYa app.

KS1, KS2 and KS3	Havering Sports Collective	https://haveringsportscollective.org/	All aspects of PE, School Sport and Physical Activity Resources, daily challenges and Big Dance. Up to date information on activities to do at home during this period. Website links for a variety of resources.
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Thank you to Havering Sports Collective for their assistance with this document. Please visit their website for additional guidance and regular updates.

<https://haveringsportscollective.org/>

Disclaimer

Individual resources cannot replace a school's properly planned curriculum, and the resources in these lists are not intended to do so. This list of resources is not exhaustive and there are many other resources available to schools. Before using these resources, you should refer to the guidance '[Coronavirus \(COVID-19\): safeguarding in schools, colleges and other providers](#)' and the Hsis document 'Home Learning: Keeping Children Safe Online.' which has further information on how to keep children safe online. Note that you use all content at your own risk. Resources made available through the lists are subject to third party terms and conditions and copyright law. Access to resources is in most cases free of charge, but it is your responsibility to check whether you have to pay to view and/or copy specific content contained within the resources.

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