



YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.

<https://www.youthsporttrust.org/pe-home-learning>

*Another website with activities to get children moving with ideas for games you can play at home. There are links to videos showing simple games to play. For example, noughts and crosses using objects from your home. It looks good fun!*



GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, ...

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

*A firm favourite here at Alexandra! The children can take part in guided dances, sing silly songs and calm down with a short meditation. You will need to register but it is all free. Great resource for a bored moment.*