



#INSPIRE VIRTUAL TORCH RELAY

EQUALITY

RESPECT

COURAGE

EXCELLENCE

INSPIRATION

FRIENDSHIP

DETERMINATION

PHYSICAL ACTIVITY CHALLENGE IDEAS FOR YOUR BIG DAY

WE ARE CHALLENGING SCHOOLS TO BE AS PHYSICALLY ACTIVE AS POSSIBLE ON THE DAY OF THEIR VIRTUAL TORCH VISIT. THIS ELEMENT IS COMPLETELY FLEXIBLE AND ACTIVITY CAN BE UNDERTAKEN IN ANY WAY YOU SEE FIT.

WE HAVE COMPILED A LIST OF 10 DIFFERENT RESOURCES TO SUPPORT ACTIVITY FOR BOTH PUPILS IN SCHOOL AND AT HOME. THE RESOURCES CONSIST OF A WIDE VARIETY OF ACTIVITIES FOR CHILDREN IN EYFS / KS1 AND KS2 SUCH AS FITNESS, DANCE, YOGA, SKILLS TUTORIALS AND ACTIVE LEARNING. YOU MAY WISH TO SELECT A RANGE OF ACTIVITIES FROM THE LIST BELOW AND PROMOTE SO THAT PUPILS IN SCHOOL AND AT HOME UNDERTAKE THEM AT THE SAME TIME?

1. PE WITH JOE

YOU WILL FIND A VARIETY OF FITNESS WORKOUTS FOR CHILDREN OF ALL AGES ON THE YOUTUBE CHANNEL AS WELL AS A LIVE 30 MINUTE WORKOUT RAN BY JOE WICKS EVERY MON, WED AND FRIDAY AT 9AM.

2. BBC SUPER MOVERS

THESE ARE FUN CURRICULUM LINKED VIDEOS TO GET YOUR CLASS MOVING WHILE THEY LEARN. THERE ARE VIDEOS TO FOLLOW FOR BOTH KS1 AND KS2 IN DIFFERENT SUBJECTS SUCH AS ENGLISH, MATHS, SCIENCE AND PSHE.

3. GET KIDS MOVING

GET KIDS MOVING PROVIDE THEMED WORKOUTS WITH LINKS TO STAR WARS / AVENGERS / DISNEY AND MORE ON YOUTUBE. THEY PUT THE FUN BACK IN FITNESS TO HELP ENGAGE CHILDREN IN PHYSICAL ACTIVITY. CHILDREN CAN TRAIN ALONGSIDE THEIR FAVOURITE SUPERHEROES.

4. YOUTH SPORT TRUST PE

ON THE YOUTH SPORT TRUST YOUTUBE CHANNEL YOU WILL FIND PRE-RECORDED AFTER SCHOOL CLUB VIDEOS WHICH LAST 30 MINUTES AS WELL AS SHORT BURST SKILLS VIDEOS WHERE BASIC EQUIPMENT IS NEEDED FOR PUPILS TO LEARN KEY SKILLS NEEDED FOR PE AND SCHOOL SPORT.

5. MOOVLE - GET FIT WITH A LITTLE MONKEY BUSINESS!

MOOVELEE IS AN ANIMATED MONKEY THAT LEADS 4-10 MINUTES WORKOUT VIDEOS FOR KIDS AGES 3-5. WITH A FOCUS ON MEDITATION, YOGA, AND CARDIO, MOOVELEE WILL GET YOUR KIDS MOVING.

6. YORKSHIRE SPORT - THIS IS PE

THE YORKSHIRE SPORT FOUNDATION HAVE CREATED SKILLS VIDEOS FOR PRIMARY SCHOOL CHILDREN BASED ON THROWING, CATCHING, STRIKING, GYMNAS TIC MOVES AND MORE TO FOLLOW WITH LIMITED EQUIPMENT AND SPACE.

7. COSMIC KIDS YOGA

COSMIC KIDS YOGA CREATE VIDEOS ON YOUTUBE CONSISTING OF YOGA, MINDFULNESS AND RELAXATION - DESIGNED SPECIALLY FOR CHILDREN AGED THREE AND ABOVE. YOU CAN SELECT VIDEO PLAYLISTS BASED ON THE AMOUNT OF TIME YOU HAVE TO FOLLOW THE SESSION IN SCHOOL AS WELL.

8. GO NOODLE

GO NOODLE VIDEOS ON THEIR YOUTUBE CHANNEL GET KIDS MOVING TO BE THEIR STRONGEST, BRAVEST, SILLIEST, SMARTEST SELVES. VIDEOS CONSIST OF DANCING, STRETCHING, RUNNING, JUMPING AND DEEP BREATHING.

9. CBEBBIES ANDY'S WILD WORKOUTS

ANDY TRAVELS THE WORLD TO AMAZING PLACES AND LEARNS TO MOVE LIKE THE ANIMALS HE MEETS ON HIS WILD ADVENTURE. THESE YOUTUBE VIDEOS ENCOURAGE ADVENTURE WITH ANDY AND LEARN SOME ANIMAL MOVES ALONG THE WAY. THESE VIDEOS ARE AIMED TOWARDS EYFS AND KS1 CHILDREN.

10. JUST DANCE ON YOUTUBE

FOR CHILDREN WHO LOVE TO DANCE THEN THIS YOUTUBE CHANNEL IS THE PERFECT ACTIVITY. YOU CAN FOLLOW ROUTINES AND GET IN THE SPIRIT TO TRY KEEP UP WITH ALL THE MOVES.

