** Worcestershire West School Games**

 **Recommended Webpage Links for Physical Activity at Home**

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| Who | Web-Link | About | Ideal for |
| Youth Sport Trust | [https://www.youthsporttrust.org/60-second-physical-activity-challenges](https://mail.perrins.networcs.net/owa/redir.aspx?C=OgfJtBH6-x2mLa-9T3JeSACaNb2Y80sCzq62CSklwwjTflxdF-XXCA..&URL=https%3a%2f%2fwww.youthsporttrust.org%2f60-second-physical-activity-challenges) | A fun 'compete against yourself' approach to physical activity with a focus on resilience, perseverance and the aim to achieve bronze, silver of gold medal awards. The Youth Sport Trust has a range of activity cards & videos which can be completed at home. | 4-11 year olds. |
| The FA Superkicks App | The FA SuperKicks app - Get Involved | The Football Association | There are 100s of creative challenges to get your kids active. Whether your child is new to football or plays for a club, there are different levels making it easy to get involved. A free & safe resource by The Football Association | 5-14 year olds. |
| Change4Life & Disney | [https://www.nhs.uk/10-minute-shake-up/shake-ups](https://mail.perrins.networcs.net/owa/redir.aspx?C=dEUMLSJszKOdUF_i-3WOAPRGou3nPpLnbqg69l6fvDDTflxdF-XXCA..&URL=https%3a%2f%2fwww.nhs.uk%2f10-minute-shake-up%2fshake-ups) | Change4Life & Disney have teamed up to bring Physical activities inspired by Toy Story 4, Incredibles 2, The Lion King & Frozen. These 10 minute bursts will really get your kids moving and counts towards 60 active minutes they need every day. | 4-11 year olds. |
| The FASOCCERCISE | The Football Association - Wikipedia | Soccercise has been developed by The FA to form a football themed work-out for women and girls. Soccercise combines a variety of fitness exercises with a football. | 8-16 year old girls. |
| Jump Rope UK | [https://www.jumpruk.com/at-home-resources/](https://mail.perrins.networcs.net/owa/redir.aspx?C=BUOnaMG1NWmTBxxcdhMo50We356RhF6IB3aDLkcDh47TflxdF-XXCA..&URL=https%3a%2f%2fwww.jumpruk.com%2fat-home-resources%2f) | Jump Rope have added a section on their website for ‘at home resources’ which has some great ideas. It is also National Skipping Day in the UK on 24th April so you could use these in build up to this event. | 5-16 years |
| Active Herford and Worcester (formerly SPHW) | [https://www.activehw.co.uk/stay-active-at-home](https://mail.perrins.networcs.net/owa/redir.aspx?C=4Kq4Y6mSYso5U44xLpEnOeeX6GMEiYwTx79ETtzW4gHTflxdF-XXCA..&URL=https%3a%2f%2fwww.activehw.co.uk%2fstay-active-at-home) | Active Hereford and Worcester has range of links and resources signposting you to recommended physical activity resources which can be completed in the home. | 5-16 years |
| This Girl Can | [https://www.thisgirlcan.co.uk/activities/home-exercise/](https://mail.perrins.networcs.net/owa/redir.aspx?C=JlAi-xnQU-lhwjpxQuZlrZw5Z6ojYqQ5Nif8ag5V643TflxdF-XXCA..&URL=https%3a%2f%2fwww.thisgirlcan.co.uk%2factivities%2fhome-exercise%2f) | A range of body weight exercises are provided for building strength and endurance in the chest, shoulders, core and legs. | Ideal for girls aged 11-16 years |
| The Youth Sport Trust | [https://www.youthsporttrust.org/pe-home-learning](https://mail.perrins.networcs.net/owa/redir.aspx?C=hE_bBkwiT0c3iz7pgsWlrP7i4axDceZTEx1tLPOTNEfTflxdF-XXCA..&URL=https%3a%2f%2fwww.youthsporttrust.org%2fpe-home-learning) | YST has designed a range of PE at home learning activities which incorporate athletics, dance, gymnastics and outdoor and adventure activities. | 5-11 year olds. |
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| Lawn Tennis Association | [https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/](https://mail.perrins.networcs.net/owa/redir.aspx?C=kejOIjObN4GVEOmBu7IsAMm5gRF5t2nQt-TQvZmLMy3TflxdF-XXCA..&URL=https%3a%2f%2fwww.lta.org.uk%2fplay-compete%2flta-youth%2ftennis-at-home%2f) | The LTA has created a Home Activity Hub consisting of tennis at home exercises, activity cards, personal development challenges and learning activities. | 4-11 Year Olds |
| Oti Mabuse Dance Lessons | <https://www.youtube.com/watch?v=HQ3npArbxvc> | Oti Mabuse is delivering daily dance lessons on youtube which includes a variety of styles and genres. | 4-16 years. |
| Ollie Tunmer Body Beats | <https://www.youtube.com/watch?v=wvCyhxzYDqs> | Ollie Tunmer from ‘Beat Goes On’ has some great videos which combines dance, body percussion and educational tutorials. | 7-14 years. |