

# BPSS Secondary Virtual Resource Directory

- ★ [BPSS Twin Towns Challenge](#) – Join Barnet in travelling to our 8 twin towns across the world, whether you are out walking your dog, riding your bike or out on a family walk, you can play your part
- ★ [BPSS Stay In Work Out Challenges](#) – a variety of personal challenges set by teachers across Barnet in the first lockdown
  - [Born to Move](#) – classes based on dance, yoga and martial arts
  - [Chance to Shine](#) – The Chance to Shine 'Cricket at Home' sessions feature a clear and easy to follow instructional videos with a supporting written guidance document
  - [Our Parks](#) – a variety of different fitness videos
  - [Panathlon at Home](#) - fun inclusive activities which can be done at home
  - [PE and School Sports Network](#) – a resource booklet providing ideas on wellbeing, games, exercises and recipes
  - [PopSugar Fitness](#) – a variety of dance, fitness and yoga workouts
  - [Sweaty Betty](#) – online fitness workouts ranging from Yoga to HIIT
  - [The Body Coach TV](#) – Joe Wicks will be running his 20 minute PE classes on Mondays, Wednesdays and Fridays at 9am
  - [YST #ThisIsPE](#) – home PE resources each with a video, downloadable learning card and adaptation ideas