






BPSS Primary Virtual Resource Directory

	<p>BPSS Twin Town 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.</p> <p>BPSS YouTube Channel – a variety of sport specific personal challenges and festival stations that can be adapted at home.</p>
	<p>Panathlon at Home - Panathlon have created a variety of fun inclusive activities as part of their virtual programme, Panathlon have adapted activities so children can participate at home such as indoor target games, indoor table games and garden games.</p>
	<p>Chance to Shine The Chance to Shine 'Cricket at Home' series has been developed to support children to stay active at home. Each session features a clear and easy to follow instructional videos with a supporting written guidance document.</p>
	<p>PE with Joe – Joe Wicks will be running his 20 minute PE classes on Mondays, Wednesdays and Fridays at 9am. The workouts require no equipment, are fun and suitable for all ages and even adults can get involved.</p>
	<p>YST After School club – Youth Sport Trust will continue to run their after school club every Tuesday and Thursday at 5pm.</p> <p>YST 60 Second Physical Activity Challenges – a variety of fun personal best challenges</p> <p>YST Family Resources – resources include activities, games and challenges for all occasions and for all the family</p>

- ❖ [Born to Move](#) – classes based on dance, yoga and martial arts
- ❖ [C4L Activities directory](#) – a variety of activities that can be done in school and at home to help reverse the effects of Covid 19 on children.
- ❖ [C4L Shake up](#) – 10 minute activities inspired by Disney and Pixar characters
- ❖ [Cbeebies Andy's Wild Workouts](#) – Andy travels around the world to amazing places and learns to move like the animals he meets on his wild adventure
- ❖ [Complete PE Home Learning Resource Videos](#) – a variety of free PE activities
- ❖ [Cosmic Kids Yoga](#) – fun and engaging yoga sessions
- ❖ [Get Set for Tokyo](#) – Quick 10 minute activities on varied Olympic-related themes
- ❖ [HSBC Ready Set Ride](#) – quick and easy games to help you teach your child how to pedal.
- ❖ [Our Parks Superhero Fitness](#) – 10 minute superhero fitness sessions
- ❖ [PE and School Sports Network](#) – a resource booklet providing ideas on wellbeing, games, exercises and recipes
- ❖ [Premier League Primary Stars Home Resources](#) – a variety of activities and resources to keep kids active at home
- ❖ [The FA Super Kicks](#) – These are football challenges to get your child active, playing football and sparking their imagination
- ❖ [This Girl Can Disney Dance Along](#) – Disney dance routines for all the family
- ❖ [Zumba Kids](#) – a variety of Zumba dances aimed at children