






# BPSS Secondary Virtual Resource Directory



# Virtual Physical Activity Resources

	<p><a href="#">BPSS Twin Town Challenge</a> – 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><a href="#">BPSS YouTube Channel</a> – a variety of sport specific personal challenges and festival stations that can be adapted at home.</p>
	<p><a href="#">London Youth Games</a> – We will be releasing weekly fitness challenges throughout the Spring Term to help keep you active during lockdown. A new challenge will be released every Monday at 9.00am where you will have until 12pm on Friday to submit your score. Complete the challenges to earn points and help your Barnet climb the leaderboard.</p>
	<p><a href="#">Panathlon at Home</a> – 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><a href="#">PE with Joe</a> – 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><a href="#">YST #ThisISPE</a> – virtual secondary PE activities with a downloadable learning card outlining what space and equipment is needed, personal and physical learning outcomes, guidance on adapting the activity and some questions to consider.</p>

- ❖ [Badminton Training at Home](#) – a range of sport specific and fitness activities to improve Badminton skills.
- ❖ [Born to Move](#) – classes based on dance, yoga and martial arts
- ❖ [Chance to Shine](#) – 'Cricket at Home' series has been developed to support children to stay active at home. They will be doing a live session every Wednesday at 2pm clear and easy to follow instructional videos with a supporting written guidance document.
- ❖ [Cricket for Girls London Lockdown Challenge](#) – every Monday, Cricket for Girls will be releasing a new challenge on their social media platforms Twitter, Instagram and Youtube.
- ❖ [Fitness Blender](#) – free workout videos for every fitness level
- ❖ [Just Dance](#) – fun and engaging dance routines
- NEW** ❖ [Match of the Day](#) – MOTD skill expert Stobbsy sets skills for students to try every Tuesday.
- ❖ [Our Parks](#) – a variety of different fitness videos
- ❖ [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
- ❖ [SELF Fitness](#) – fitness workouts with no equipment needed
- ❖ [Solo Netball](#) – fun Netball sessions created by Sasha and Kadeen Corbin
- ❖ [Sweaty Betty](#) – online fitness workouts ranging from Yoga to HIIT
- ❖ [Yoga for Teens](#) – virtual Yoga sessions aimed at teenagers

# Healthy Living Resources

**NEW** ❖ [Abel & Cole](#) – free easy organic recipes

**NEW** ❖ [Bread n Butter](#) – recipes and courses to improve cooking skills

**NEW** ❖ [Change 4 Life](#) – mental wellbeing tips and family recipes for everyone to get involved with.

**NEW** ❖ [Cooking and Carry on](#) - Jamie Oliver shows the nation some incredible recipes, tips and hacks, specifically tailored for the unique times we're living in.

**NEW** ❖ [Let's Get Cooking](#) – hundreds of recipes which can be cooked at home