






BPSS Primary Virtual Resource Directory



Virtual Physical Activity Resources

	<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>London Youth Games - 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>Panathlon at Home - Panathlon have created a variety of fun inclusive activities as part of their virtual programme such as indoor target games, indoor table games and garden games.</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 Family Resources – resources include activities, games and challenges for all occasions and for all the family</p> <p>YST Physical Activity and PE at Home – Activities designed to ensure young people with SEND can access inspiring, accessible and meaningful PE and school sport during their home learning.</p>

- ❖ [Bee Netball](#) – Primary Netball skill challenges
- ❖ [Boogie Beebers](#) - Early years foundation stage videos that get younger children up and dancing with CBeebies presenters.
- ❖ [Born to Move](#) – classes based on dance, yoga and martial arts
- ❖ [British Judo](#) – live Judo sessions every Monday, 4.30-5.40pm
- ❖ [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
- ❖ [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.
- ❖ [Complete PE Home Learning Resource Videos](#) – a variety of free PE activities
- ❖ [Cosmic Kids Yoga](#) – fun and engaging yoga sessions
- ❖ [Croydon SSP Active Challenges](#) – 15 minute activity challenges which can be done at home
- ❖ [Golf Foundation](#) – fun videos and ideas on how children can practice golf skills at home
- ❖ [Get Set for PE](#) – active games to help your children and community move at home
- ❖ [Get Set for Tokyo](#) – Quick 10 minute activities on varied Olympic-related themes
- ❖ [GymnasticsAtHome](#) – British Gymnastics have created a variety of challenges
- ❖ [HSBC Ready Set Ride](#) – quick and easy games to help you teach your child how to pedal.
- ❖ [Kidz Bop](#) - free resource that uses curated music playlists and videos to help children keep active through dance breaks at home or in school
- ❖ [Match of the Day](#) – MOTD skill expert Stobbsy sets skills for students to try every Tuesday.

- ❖ [Our Parks Superhero Fitness](#) – 10 minute superhero fitness sessions
- ❖ [Outdoor Ed](#) - Online videos including content for outdoor learning, personal challenges and community challenges.
- ❖ [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
- ❖ [Rounders England](#) – videos of physical challenges, a selection of kid's activities and an activity agenda.
- ❖ [Rugby League](#) - #SkillToPlay contains weekly activities and skill cards
- ❖ [Tennis at Home](#) –videos, activity cards and challenges created by LTA.
- ❖ [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
- ❖ [YST 60 Second Physical Activity Challenges](#) – a variety of fun personal best challenges
- ❖ [YST After School club](#) – Youth Sport Trust will continue to run their after school club every Tuesday and Thursday at 5pm.
- ❖ [YST Family Resources](#) – resources include activities, games and challenges for all occasions and for all the family
- ❖ [Wonder Woman 1984](#) – fun free activities that will help your young people to develop skills such as courage, strength and teamwork using the power of sport.
- ❖ [Zumba Kids](#) – a variety of Zumba dances aimed at children

Inclusive Opportunities

- ❖ [Panathlon at Home](#) - Panathlon have created a variety of fun inclusive activities as part of their virtual programme such as indoor target games, indoor table games and garden games.
- ❖ [YST Learning & Discovery Personal Challenges](#) – Inclusive sport stations adapted for students at home.
- ❖ [YST Physical Activity and PE at Home](#) - Lots of activities have all been designed to ensure young people with Special Educational Needs and Disabilities can access inspiring, accessible and meaningful PE and school sport during their home learning.
- ❖ [YST #ThisIs PE SEND Activities](#) - Resources to support remote learning for children and young people with Special Educational Needs and Disabilities (SEND)

Family Physical Activity Resources

Physical activity resources for other members of your family.

- ❖ [YST Healthy Movers](#) –Healthy Movers aims to develop physical literacy in early years children and improve their school readiness and social mobility .
- ❖ [NHS Get Moving Again](#) - NHS advice on how best to look after yourself in the weeks and months post Covid.

Healthy Living Resources

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

NEW ❖ [BPSS Barnet Healthy Weight Management](#) – BPSS have created physical activity programmes aimed at 4-9 years old and 10+

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

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

❖ [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.

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

❖ [Nomster Chef](#) – Illustrated recipe picture books that get kid chefs excited about cooking

❖ [Place2be](#) – wellbeing activities for families

❖ [Young Barnet Foundation](#) “Barnet Get Busy” - A directory of activities for you people in Barnet