BPSS Secondary Virtual Resource Directory

Virtual Physical Activity Resources

	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. BPSS YouTube Channel – a variety of sport specific personal challenges and festival stations that can be adapted at home.
	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.
	Panathlon at Home - Panathon 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.
	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.
	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. YST #ThisIs PE SEND Activities - Resources to support remote learning for children and young people with SEND

- 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
- British Judo – home workouts working on fitness and skills
- 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.
- Croydon SSP Active Challenges – 15 minute activity challenges which can be done at home
- Fitness Blender – free workout videos for every fitness level
- Golf Foundation – fun videos and ideas on how children can practice golf skills at home
- Just Dance – fun and engaging dance routines
- 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
- 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

- 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
- Tennis at Home –videos, activity cards and challenges created by LTA.
- Yoga for Teens – virtual Yoga sessions aimed at teenagers
- YST #ThisISPE – 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.

Inclusive Opportunities

- Panathlon at Home - Panathon 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
- 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
- Place2be – wellbeing activities for families
- Young Barnet Foundation "Barnet Get Busy" - A directory of activities for you people in Barnet