

Physical education (PE) and physical activity

This initial list of physical education (PE) and physical activity resources is based on recommendations from:

- the Association for Physical Education (afPE)
- Public Health England (PHE)
- Sport England
- the Yorkshire Sport Foundation (YSF)

These resources will help young people to get the daily 60 minutes of activity recommended by the UK Chief Medical Officer (CMO) in fun ways.

All the resources listed here are for activities designed to be carried out indoors or, if available, a garden.

Children and young people can go outside for one form of exercise a day, such as:

- a walk with members of their household
- a run with members of their household
- a cycle with members of their household

Outdoor exercise should be carried out locally.

Children and young people should always follow the latest [official advice on social distancing](#), which means making sure that they and their parent or carer stay more than 2 metres from others (including friends and other family members).

PE and physical activity: primary

Boogie Beebies

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Key stages: early years foundation stage

Description: videos that get younger children up and dancing with CBeebies presenters.

Registration: not required

Disney 10 Minute Shakeups

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Key stages: early years foundation stage to key stage 2

Description: 10-minute activities based on Disney films that count towards a child's 60 active minutes per day.

Registration: not required

Super Movers

Website: <https://www.bbc.co.uk/teach/supermovers>

Key stages: key stage 1 and key stage 2

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

Registration: not required

#ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 1 and key stage 2

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

Registration: not required