**Ways to get active at home and at school**

|  |  |  |
| --- | --- | --- |
| Virtual PE lessons led by Amber Valley School Sports Partnership (AVSSP) | [www.avssp.co.uk](http://www.avssp.co.uk/)  Select:   * Lockdown * Virtual lessons | Amber Valley School Sports Partnership (AVSSP) have been working hard producing some short, active educational lessons that are easy to follow for all. They are aiming to provide a rounded curriculum of multiple activities. This curriculum will include Martial Arts, Football Freestyle, Dance, Health & Fitness and more.    Your teacher may choose to include a link as part of your home learning tasks. |
| Fitness challenges AVSSP | <https://avssp.co.uk/weekly-workouts/>  You can download a certificate each week if you have taken part. | Each week the AVSSP are releasing 5 new fitness challenges for you to complete at home. If you are feeling super competitive then you can enter your scores into their leader board. Each day a new challenge is set which you can view a demonstration of or download an activity card. See how many of each exercise you can do in 1 minute.  **If you choose to submit your scores please** r**emember, it is really important that you do this anonymously and create a username or nickname that only you will recognise as it will be published on their leader board online.** Parents and children may take part. They will ask for an email address for any adults who take part, but not for children. |
| Go noodle | <https://family.gonoodle.com/> | Great for active bursts in the classroom or at home. Dance routines and fitness work outs. |
| Active Derbyshire | <https://www.activederbyshire.org.uk/young-people-active-at-home> | Here you will find some weekly units with activities that can be done at home with limited space and equipment. There are 11 units each with a different theme. Units include sports like golf, football, netball and many more. |
| Active Derbyshire Dance | <https://www.activederbyshire.org.uk/dance-around-the-world> | Interested in dance? You will find some great dance work outs from around the world. |
| BBC Super Movers | <https://www.bbc.co.uk/teach/supermovers> | Many of the children will be familiar with this site especially the workouts led by football mascots to practice their times tables. There are activities linked to English, maths and just for fun.  Skateboard like Dennis the Menace or dive into the sea with David Attenborough in the ‘Just for fun’ section plus many more activities and short work outs lasting around 3 minutes each. |
| NHS change for life | <https://www.nhs.uk/10-minute-shake-up/shake-ups> | 10 minute videos based on Disney films setting short challenges. There are fun active tasks and challenges linked to Beauty and the Beast, Zootropolis, Frozen and Toy Story 4. |
| Joe Wicks 5 minute fitness: | <https://www.youtube.com/watch?v=d3LPrhI0v-w> |  |
| PE with Joe | <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> | Daily work outs 3 days a week – Monday, Wednesday and Friday mornings. |
| Youth Sport Trust PE activities | <https://www.youthsporttrust.org/primary-pe-activities> | Activity cards and videos produced by Complete PE along with the Youth Sport Trust covering all areas of PE. Your teacher may set you some of these challenges to do at home or you might like to choose some with an adult at home. |