

Physical Activity Interventions – Working towards 30 mins

| Title/ Intervention | Address/website link | Basic Descriptor | Who is it aimed at? | Cost | Comments |
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| Teach Active | https://www.teachactive.org/ | Teach Active (formerly Maths of the Day) is an online resource tool, providing teachers with lesson plans and resources with which to deliver the Primary Maths and English curriculum through physical activity. | | Annual subscription of £645 for Active Maths/Active English resources Annual subscription of £1045 for access to both the Active Maths/Active English resources | Free training workshop available and free trail |
| Sport England #StayInWork Out | https://www.sportengland.org/stayinworkout/ | Arrange of home workout options – including existing free exercise content and advice from organisations such as the NHS, and workouts from popular fitness brands and influencers and extended trials to help people get easy access to home exercise. | All | Free | |
| Go Noodle | www.gonoodle.com | Range of Wake and Shake activities | | Free | |
| Dough Disco | https://www.tes.com/teaching-resource/dough-disco-6327499 | Dough disco involves moulding play dough in time to music and performing different actions such as rolling it into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it | | Free (other than the dough) | Sessions short |

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| Tagtiv8 | www.tagtiv8.com | Tagtiv8 games provide an enjoyable alternative to classroom based learning. Tagtiv8 promote physical activity – crucial when we all face the increasing problem of sedentary lifestyles. Tagtiv8 ideas, resources and training activate learning in Mathematics and English. | Primary schools (EYDS, KS1, KS2) with some KS3 interventions. | Tagtiv8 resources start at £545. The cost of Tagtiv8 Activity Days & CPD programmes vary depending on location and number of sessions over the year. | CPD for staff available + free sample resources |
| Body Coach – Joe Wicks | https://www.youtube.com/user/thebodycoach1 | Physical Activity exercise | | Free | |
| Teach Active | https://www.teachactive.org/ | Interactive resources that will enhance and enrich the teaching and learning of maths and English | | Free remote learning lessons are available during lockdown | |
| Premier League Primary Stars | www.plprimarystars.com | Whole School Resources | | Free | Sign up required online |
| Cyber Coach Smart | www.cyber-smart.co.uk | Virtual instructor leads exercise routines Aims to increase the activity levels of those not normally inclined towards exercise. | | £1 per pupil | Free trial available Sign up required online |
| Cosmic Yoga | https://www.cosmickids.com/ | KS1 based yoga activities | | Free | |
| BBC Super Movers | www.bbc.co.uk/sport/football/supermovers | Range of physical activity resources | Key stage 1 and 2 | Free | |

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| | | Fun curriculum linked resources to get pupils moving while they learn | | | |
| Jump Start Jonny | www.jumpstartjonny.co.uk | Range of exercise videos | | School membership from £190 per year Free content also available | Sign up required online |
| Real PE at Home | https://jasmineactive.com/solutions/real-pe/ | | | Infant school - £1295 + VAT Primary school - £1795 + VAT Junior School - £1395 + VAT | |
| Mighty Maths | https://www.mightymaths.co.uk/ | Mighty Maths is designed for teachers by teachers. Applying the concept of physically active learning, it is a fun and engaging classroom-based maths fluency programme for primary schools. | | Free trial available Different packages available for small, medium and larger schools | |
| Active Monopoly | https://www.st-johns-pri.bham.sch.uk/active-monopoly/ | Active version of the game monopoly | | Free | |
| Active Uno | http://www.stillplayingschool.com/2016/02/uno-games-kids.html | Active version of the game UNO | | Free | |

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| Active Snakes and Ladders | https://www.pnecf.net/pnecet/news3/2020/april/snakes-and-ladders-games-for-primary-school-pupils-of-all-ages/ | Active version of the game Snakes and Ladders | | Free | |
| I-Moves | https://imoves.com/cv19 | Free access for all schools (for ages 4 to 11) to their active schools platform, which includes over 1,200 lessons for active learning; PE; and mental wellbeing support. | | This is completely FREE for the duration of the shutdown with NO tie in at the end when we return to normal. | |
| I-Moves Mindfulness | https://signup.imoves.com/subjects/mindfulness | Range of mindfulness resources which supports pupil wellbeing | | Free 30 day trial + different packages available | Will be extending the range of resources available on their free 'The imovement' platform so they can be used by parents in the home as well as teachers in the classroom. |
| Change4Life Activities | https://www.nhs.uk/change4life/activities | Fun 10 Minute Shake Up games to information about active hobbies and sports. | | Free | |
| Get Set – Olympic Games Indoor Activities | https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity | Free activities, challenges and learning resources for parents to do indoors or in their garden with their children. | | Free | |

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| Oti Mabuse Dancing at Home | https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YtP4g | | | Free | |
| Rattle and Roll | https://www.youtube.com/channel/UCYjtS-y4336fRG2E0zLDMYg | Stay active at home with virtual classes on YouTube. Choose from dance; drama; singing; recorders; yoga; outdoor learning and pre-school. | | Free | |
| YST Activity Cards | https://www.youthsporttrust.org/free-home-learning-resources-0 | Range of innovative resources to help more children enjoy the benefits of PE and Physical Activity both in and outside of school | | | |
| Premiership Rugby | https://www.premiershiprugby.com/community/ | Premiership Rugby Champions is an interactive cross curriculum-based digital app, developed with expert learning technology company, Aspire 2Be, to inspire primary school children to get moving whilst developing important life skills. | Primary schools in England – teachers and pupils | App is free to teachers | |
| British Nutrition Foundation | https://www.foodafactoflife.org.uk/ | Food – a fact of life, from the British Nutrition Foundation and the Agriculture Horticulture Development Board, provides free, editable, curriculum-compliant resources for teaching young people aged 3 to 16 about where food comes from, cooking and healthy eating. All resources are designed to ensure that consistent and up-to-date messages are delivered. Teachers across all stages and phases are supported through | The Food – a fact of life education programme supports teachers, and their pupils, across all stages and phases. | Resources are free to download from the website. Training is greatly subsidised so is either free or very low cost to teachers. | |

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| | | professional development and are kept up-to-date through monthly newsletters and via social media | | | |
| Moki | https://moki.technology/ | Moki is a physical activity tracking wristband and software application that provides a safe, simple and fun way for schools to support an active curriculum for their students. | Moki is aimed at any school that would like to better understand just how active they are using real-time data, as well as support their existing activities with a fun way to engage both staff and students. | Moki Band - £20 + VAT Moki Reader - £60 + VAT (1 per computer) Volume Discounts 10+ Bands - 10% 35+ Bands - 20% 125+ Bands - 30% | |
| YST - This Girl Can...Create Change! | www.youthsporttrust.org/this-girl-can/teachers https://www.thisgirlcan.co.uk/activities/ | Sport England commissioned the Youth Sport Trust to create a resource for secondary schools. The resource supports teachers and girls to develop and deliver a This Girl Can campaign in their school. | Secondary schools in England (resource for teachers and girls) | Free hard copy for secondary schools in England and copies for CYP Lead in Active Partnerships and School Games Organisers. Resource also available on YST page www.youthsporttrust.org/this-girl-can/teachers | |

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| <p>Love PE CPD</p> | <p>www.lovepe.co.uk</p> | <p>Primary PE training for schools, coaching companies and initial teacher training organisations. This comes in the form of one off training days, inset training and demonstration lessons.</p> <p>It covers gymnastics, dance, games, athletics, early years, problem solving, active playgrounds, mental health and well being.</p> | <p>Aimed at teachers, teaching assistants, pe leaders, head teachers, lunchtime supervisors, coaches, teacher trainees.</p> <p>Some training is aimed at children who wish to train as playleaders. (Active ME)</p> | <p>Costs vary from type of service or product purchased. Packages and on going support does carry a discount if training bought together.</p> | |
| <p>Inspired Schools</p> | <p>https://inspiredschools.co.uk/</p> | <p>Inspired 5 is a series of videos that are only 5 minutes long and are designed for use in a classroom/school hall with a group of children – possibly even a whole school. Teachers and support staff can access easily the videos via a couple of clicks and the children are away. Inspired 5 videos are based on HIIT, dance, yoga and sports stories.</p> | <p>All schools and childcare providers from Nursery up to Key Stage Two.</p> | <p>Free 1 month trial available- just email for details.</p> <p>Subscription is on an annual basis but can be paid for monthly (£35 a month by direct debit) or annually (£395 invoiced to the school).</p> | |

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| TTS | https://www.tts-group.co.uk/home+learning+activities.html | TTS have created a curriculum-focused independent learning resource with over 40 home learning activities all planned and all prepared! | Early Years/ KS1/ KS2 | Free | |
| Pobble | https://pobble.com/home-learning-resources | Sign up to Pobble's parent mailing list to receive home learning ideas and activities every week | Primary | Free | Sign up via link |
| Andy's Wild workouts on CBeebies | https://www.bbc.co.uk/programmes/p06tmmvz | Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. | Primary | Free | |
| Chance to Shine | https://www.chancetoshine.org/teaching-resources | Free resources for Primary and Secondary schools, so teachers can lead their own cricket sessions with confidence. | Primary and Secondary | Free | |
| DDdancemix featuring Darcey Bussell | https://ddmixforschools.com/ | Dance Fitness by Dame Darcey Bussell that gets kids moving. | | | Offer a variety of packages to suit every school budget, enabling teachers to deliver the program with confidence. All packages include access to Schemes of Work and online training videos. |

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| Boogie Beebies | https://www.bbc.co.uk/programmes/b006mvsc | Videos that get younger children up and dancing with CBeebies presenters. | Early years foundation stage | | |
| Disney 10 Minute Shakeups | https://www.nhs.uk/10-minute-shake-up/shake-ups | 10-minute videos based on Disney films that count towards a child's 60 active minutes per day | Early years foundation stage to key stage 2 | | |
| #ThisIsPE | https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/ | Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube. | Key stage 1 and 2 and Key stage 3 and key stage 4 | | |
| Funetics | https://funetics.co.uk/for-parents/funetics-activity-videos?utm_source=emailmarketing&utm_medium=email&utm_campaign=rtr_at_hletics_and_running_for_everyone_home_edition_4&utm_content=2020-04-16 | Total of 20 funetics videos demonstrating fun, safe and interactive running, jumping and throwing activities to help parents keep their children active at home. | Primary | Free | |
| Fitness Blender | https://www.fitnessblender.com/ | Videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not. | Key stage 3 to key stage 5 | | |
| Les Mills | https://signup.lesmillsondemand.com/friendsandfamily/?utm_medium=digital&utm_source=sportengland&utm_campaign=sport-england | Unlimited access to the platform with more than 800 workouts that are taught in 21,000 gyms around the world - sessions ranging from 15-55 minutes. | | Les Mills on Demand is offering a 30-day free trial. | |

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| Fiit | https://fiit.tv/pricing?utm_campaign=stayinworkout&utm_source=stayinworkout&utm_medium=referral&at_ref=rv1dwtz&coupon=SPORTENG25 | The platform has more than 600 workouts and training plans, from entry level to advanced, including cardio, strength training, yoga and Pilates with personal trainers. | | Fiit is offering a 30-day free trial and 25% off their app. | |
| Nike Training Club | https://www.nike.com/gb/ntc-app | With Nike Training Club, you get free access to over 190 free workouts across strength, endurance, yoga and mobility targeting your abs, arms, shoulders, glutes and legs. | | | |
| Her Spirit | https://herspirit.co.uk/ | Her Spirit is a personalised coaching and community app for your mind and body. There are classes available in the 'body' section of the app including meditation, yoga, cycling, strength, HIIT, mobility and circuit sessions. | | | |
| Move GB | https://offers.movegb.com/move_at_home_14daysfree?utm_campaign=mah_sportengland&utm_source=sportengland&utm_medium=referral | a fantastic mix of live-streamed classes - many of which are free or reasonably priced - with instructors local to you, allowing you to support fitness instructors at this difficult time. | | Move GB is offering an exclusive 14-day free trial to its platform, which normally costs £1 per week. | |
| POPSUGAR Fitness | https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg | Over 500 ad-free workouts from celebrity trainers and fitness experts, including POPSUGAR's exclusive multi-week challenges. | | The app 'Active by POPSUGAR' is also free to use at this time. | |
| Our Parks | https://www.youtube.com/channel/UCTBvoYglo-As3GBURHI8fA/playlists | Our Parks is known for delivering fitness sessions in parks across London and the UK. On their YouTube channel you can find at-home workouts, delivered by | | | |

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| | | qualified instructors, to do at any time of the day. | | | |
| Sweaty Betty | https://www.sweatybetty.com/workout-videos.html | Workout from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT, you'll be able to find a class to suit your timeframe and fitness level. | | | |
| Yoga with Adriene | https://www.youtube.com/user/yogawitadriene | Yoga With Adriene provides high quality practices on yoga and mindfulness, at no cost, to inspire people of all ages, shapes and sizes across the globe. | | | |
| Rachel Lawrence Pilates | https://www.youtube.com/channel/UCIfUrFyAWGeB6kMaEVRqR5Q | Known as The Girl with the Pilates Mat, Rachel Lawrence shares her expertise in a warm, friendly style with a wide range of free Pilates classes to inspire, inform and challenge. | | | |
| Anna Martin Fitness | https://www.youtube.com/channel/UCrTem24YHu4M4GsrVsPntOQ | Anna Martin Fitness brings you 30 days of workouts to improve your posture, movement patterns and mobility, as well as working on technique. | | | |
| UK Active Kids – Move Crew | https://ukactivekids.com/movecrew/ | Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. | | Free | |
| Place2Be | https://www.place2be.org.uk/coronavirus | A range of resources to help support young people in dealing with the | | | |

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| | | emotional issues facing us all during the pandemic. | | | |
| Laughtercise | www.laughtercise.uk | Free online active sessions for infant and primary school children throughout lockdown. Sessions are filled with fun, wellbeing and chuckles! Children can join from home or from school and there are three 20-minute sessions per week via MS Teams. | Primary | Free | Schools need to email info@laughtercise.uk to join in |
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