**PE and sport activities for at home**

**Activities that can be completed inside (No equipment)**

* Set up a simple circuit of exercises – Press ups, sit ups, star jumps, squats etc. (Find some resources on the school website).
* Use a video to complete an exercise routine (websites linked below or there are lots of ideas on YouTube).
* Yoga based movement activities (Videos linked below).
* Balance activities, Can you stand on one leg? Can you balance on a solid item?
* Stretching activities (Resources and photos available on the school website).

**Activities that can be completed inside (equipment you may have at home)**

* Throw and catch a ball or small object.
* Target based games (Throw an object into a bucket).
* Bowling (different items can be used instead of pins).
* Weights based exercises (if you have any at home, exercises can also be completed with household items such as cans of food!)
* Limbo – Can you get underneath a rope or stick without your hands touching the floor?
* Scavenger hunt (can you find items placed around the house?)
* Obstacle course (use a range of household items to create a course the students must complete).

**Activities that can be completed in a garden or outside space**

* Walking (aim for 10000 steps in a day).
* Running.
* Throwing and kicking games.
* Complete a circuit of fitness based exercises (Resources/ideas on the school website).
* Striking and fielding games (use a makeshift bat with a ball to play a version of Rounders or cricket).
* Volleyball (use material to make a ‘net’ and hit the ball from one side to another.
* Obstacle courses (use a range of household items to create a course the students must complete).

**Useful websites for physical activity ideas**

* <https://5-a-day.tv/> 5 minute exercise videos (no equipment required).

Please log in using the details below

Username: **drumbeat-school-and-asd-service**

Password: **vgwMoJpV**

* <https://family.gonoodle.com/> Physical movement videos to music (no equipment required).
* <https://www.youtube.com/user/CosmicKidsYoga> Movement based yoga videos based around stories (no equipment required).
* <https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity> a range of activity ideas that can be completed inside.
* <https://www.nhs.uk/conditions/nhs-fitness-studio/> Physical activity ideas from the NHS.
* <https://www.nhs.uk/change4life> Activity ideas as well as recommendations for maintaining a healthy lifestyle.