



Physical Activity Interventions – Working towards 30 mins

Title/ Intervention	Address/website link	Basic Descriptor	Who is it aimed at?	Cost	Comments
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





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/super-movers	Range of physical activity resources Fun curriculum linked resources to get pupils moving while they learn	Key stage 1 and 2	Free	





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	
Active Snakes and Ladders	https://www.pnfc.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	
Oti Mabuse Dancing at Home	https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g			Free	
Rattle and Roll	https://www.youtube.com/channel/UCYjtS-y4336fRG2E0zLDMYg	Stay active at home with virtual classes on YouTube. Choose from dance; drama;		Free	





		singing; recorders; yoga; outdoor learning and pre-school.			
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 professional development and are kept up-to-date through monthly newsletters and via social media	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.	
Moki	https://moki.technology/	Moki is a physical activity tracking wristband and software application that provides a safe, simple and fun way for	Moki is aimed at any school that would like to better	Moki Band - £20 + VAT Moki Reader - £60 + VAT (1 per computer) Volume Discounts 10+	





		schools to support an active curriculum for their students.	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.	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	
Love PE CPD	www.lovepe.co.uk	<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,</p>	Aimed at teachers, teaching assistants, pe leaders, head teachers, lunchtime supervisors,	Costs vary from type of service or product purchased. Packages and on going support does carry a discount if training bought together.	





		active playgrounds, mental health and well being.	coaches, teacher trainees. Some training is aimed at children who wish to train as playleaders. (Active ME)		
Inspired Schools	https://inspiredschools.co.uk/	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.	All schools and childcare providers from Nursery up to Key Stage Two.	Free 1 month trial available- just email for details. 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).	
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.
Boogie Bebies	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.	
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 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/yogawithadriene	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/coronaviruses	A range of resources to help support young people in dealing with the 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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