

# St. Joseph's Catholic Primary School

## Active Minutes

Daily physical activity is vital for our children's social, emotional and physical wellbeing. By regular movement and reducing sitting time this will have lasting benefit on our children's health. Here is a list of resources that can be used in our classrooms.

### Active Breaks

- Daily Mile - 15 Minutes Run, Jog, Walk around their track within the safety of the school grounds - <https://thedailymile.co.uk/>
- This popular YouTube channel engages kids with themed adventures and fantastical backdrops  
- <https://www.youtube.com/user/CosmicKidsYoga>
- Fitness Blender, has a 25-minute kids workout that incorporates moves like bear crawls and crab walks, and games like Red Light, Green Light  
- <https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>
- This series (part of the audio fitness app [Aaptiv](#)'s new collection of family-friendly workouts, posting daily to YouTube) features brightly patterned yoga mats and fun themes  
- [https://www.youtube.com/watch?v=2YmadvHWYU8&list=PLTn6sDUrcffAhOYIyeQwvtBJaDRpstMkq&index=4&t=0s&ab\\_channel=AaptivLIVE](https://www.youtube.com/watch?v=2YmadvHWYU8&list=PLTn6sDUrcffAhOYIyeQwvtBJaDRpstMkq&index=4&t=0s&ab_channel=AaptivLIVE)
- Ideas for movements and activities  
- <https://www.superhealthykids.com/kid-fitness/>
- KIDZ BOP is a free resource for teachers, parents and young people that uses curated music playlists and videos to help children keep active through dance breaks at home or in school  
- [https://www.youtube.com/c/kidzbop\\_uk/videos?app=desktop](https://www.youtube.com/c/kidzbop_uk/videos?app=desktop)
- Go Noodle - Move with purpose - hundreds of videos that activate kids bodies and brains for short bursts - <https://www.gonoodle.com>
- 5 a day fitness - 5 minutes exercise routines - <https://www.5-a-day.tv/>

- Jump start Jonny- workouts too get children move physically active  
- <https://www.jumpstartjonny.co.uk/home>
- This Girl Can Disney workouts - Dance along activity and routines to song from Disney movies  
- <https://www.thisgirlcan.co.uk/activities/disney-workouts/>
- Disney 10 minutes Shake Up - Partnership with Disney, different activities assigned to Disney characters to challenge and get children moving - <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Skip to be fit- 6-week programme, 2 minute challenge where score is recorded. Encourage improvement on individual score. - <http://skip2bfit.com/>
- Getset4PE - Resource bank of activities that can be played at break or at home with families <https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>
- BBC Boogie Beebies- A range of video clips available online to get kids moving and active between lessons.- <https://www.bbc.co.uk/programmes/b006mvsc/clips>
- Go Pro Bob Sleigh - Children watch Bobsled video and pretend they are on the course mimicking the movements - seated or standing <https://www.youtube.com/watch?v=3YuQQrsAS4Y>
- Joe Wicks - Mission to get more school children active and feeling the benefits of physical activity through HITT workouts  
- <https://www.youtube.com/watch?v=-TGEdzRzSbw>
- Fitter Future - a series of online workouts designed by children for children taking the time and effort away from teachers. Introduce classes to a FUN way of getting active both in the classroom and at home <https://www.fitterfuture.com/>
- Complete PE - Activity cards to promote physical activity  
- <https://www.youthsporttrust.org/physical-wellbeing>
- Youth sport Trust - Activity cards that can be used as homework to promote physical competence - <https://www.youthsporttrust.org/pe-homework>

## Active Learning

- Teach Active - resources for active Maths and English lessons <https://www.teachactive.org/>
- Premier League Primary Star - English, Maths & Physical activity curriculum linked resources - <https://plprimarystars.com/>
- BBC Super Movers - Fun curriculum linked videos to get the class moving while learning <https://www.bbc.co.uk/sport/football/supermovers>
- Imoves - Simple videos, music worksheets and lesson plans - <https://imoves.com/>
- Getset4PE - Resource bank of activities that can be played at break or at home with families <https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>
- Orienteering - Global game of hide and seek linked with outdoor learning and linked to curriculum - <http://geocachingforschools.co.uk/>
- Cosmic Yoga - Online tutored stories with simple Yoga based movements. - <https://www.youtube.com/user/CosmicKidsYoga>
- Change4Life - Targeted intervention with the least active pupils in the school. Simple games in non-competitive environment. - <https://www.nhs.uk/change4life/activities>
- Active30:30 - developed to help schools reduce sedentary behaviour and increase physical activity in young people outside of timetabled curriculum PE. - <https://www.youthsporttrust.org/active3030>
- Jack Hartman Counting exercise - You tube clips teaching kids to count whilst exercising - <https://www.youtube.com/watch?v=OTgLtF3PMOc>
- Active Phonics - a highly engaging multisensory fusion of phonics and Physical Education - <https://activephonics.co.uk/>

## Active Environment

- Active Travel - Focus on increasing active travel to and from school - walking school bus, bike bus <https://www.crocodile.org.uk/>
- Step Challenge - Use pedometers or other device to monitor steps and encourage improvement. Set daily / weekly / monthly step challenges. Can introduce reward schemes, family challenges etc...