

# **Great Resources for getting children active**

## **Cosmic Kids**

<https://www.youtube.com/user/cosmickidsyoga> -Interactive adventures which build strength, balance and confidence - and gets **kids** into **yoga** and mindfulness early!

## **Gympanzees**

<https://www.gympanzees.org/>: lots of activities for a variety of conditions

## **Nova Sports and Coaching**

Provide sports and activities for adults and children with learning, physical and sensory disabilities

<https://www.novasportsandcoaching.co.uk/>

## **Sport England/Youth Sport Trust**

Sport England and the Youth Sport Trust are offering daily digital content planned to maintain physical fitness of children and young people.

- [Exercising with your child](#)
- [Virtual sport sessions](#)
- [School games](#)

## **NHS**

The NHS has lots of Change4Life online videos, including 10-minute 'shake ups' using children's characters, and accessible children's activities:

- [Activities](#)
- [Accessible activities](#)

## **iMoves**

A platform of varying workouts for children, aimed at parents and teachers.

- [Sign up now](#)

## **School Sports Partnership**

- [Resources to help pupils keep moving](#), including a section for special educational needs and disability (SEND) and special schools

## **BBC Supermovers**

- [Curriculum-linked resources to get children moving while they learn](#)

## **Yorkshire Sport Foundation**

- [The #ThisisPE campaign releases three PE videos a week](#)  
Nike #ActiveKidsDoBetter

Adaptable activity videos and individual exercises

- Activities designed for the home
- Activities designed for the classroom

### **Active Imaginations**

- Range of simple activities for two- to four-year-olds with restricted mobility options. A Public Health England pilot project linked to Change4Life

- **CP Sport – frame football skills**

<https://www.cpsport.org/wp-content/uploads/2021/05/CP-Sport-Frame-Football-Skill-Cards.pdf?fbclid=IwAR1KRpwhNOAolohSVVBQWEDvzrhVp5jYBtTcp1VuXvC6ZUwP9kVOsxRnQm4>