



Some additional activities links for Key Stage 2.

DANCE/MOVEMENT

<https://www.youtube.com/watch?v=EJmpCH9p2X8>

Oti's West End Wednesday.

<https://imoves.com/the-imovement>

I-Moves offering Free Dance Ideas!

<https://www.instagram.com/p/B-cxHFMJ4GL/>

South Durham Gym offering Online Tutorials with their ambassador Mercedes.

<https://www.facebook.com/DaneBatesMasterclasses/>

Dane Bates is offering Master Classes

<https://www.nhs.uk/10-minute-shake-up/shakeup>

Disney 10 minute shake-up

<https://www.bbc.co.uk/teach/supermoves>

Super moves fitness.

BRITISH CYCLING

www.britishcycling.org.uk/getinvolved

FOOTBALL

Sunderland Foundation of Light – football skills challenge posted every week on Foundation you tube channel

BASKETBALL

English basketball website - activity videos - # stayinworkout

ACTIVE ENGLISH/MATHS

www.teacheractive.org -

YOGA

www.yogamike.tv

- 3 month free membership to schools, pupils, parents, to experience yoga at home

PHYSICAL FITNESS

Joe Wicks workouts – daily at 9.30 a.m. on YouTube.

ATHLETICS

<https://www.sportshall.org/homepentathlon>

CRICKET

<https://www.durhamcricket.co.uk/news-and-media/durham-cricket-skills-challenge-get-involved/>

SKIPPING / HOOPSTARS / SAQ

Various personal challenges

For more links and resources please try;

www.youthsporttrust.org

www.schoolgames.com

www.sportengland.org

www.countydurhamsport

www.actedurham