






60 Active Minutes

It is recommended that **all** children should have 60 active minutes per day. Whether it is at school or at home, each child should be keeping active for at least 60 minutes, with moderate intensity activity. The recommendation is for 30 minutes at school and 30 minutes at home.






We have created this page so that you can find resources and ideas in one place. Each link will take you to a different provider and website, offering a variety of ways to get active, stay active and have fun! Each provider has a different pricing structure, from free trials and downloads to monthly or annual subscriptions, which we have indicated below.

| Name | Description | Cost | |
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| DrEAM | Created by the PE Advisor for Cambridgeshire, the following download provides a range of activities from 5 to 30+ minutes that can be set-up at school to help achieve 30 active minutes. Within the download are links to various websites and YouTube channels/videos to help support this goal. DrEAM - Drop Everything and move v2 | Free |  Cambridgeshire County Council |
| The Daily Mile | This free initiative supports schools in their aim to get children fit for life by running or jogging 15 minutes every day. Follow the link for local information and registration. https://www.livingsport.co.uk/the-daily-mile | Free |  |
| Speed Stacks UK | The team at Speed Stacks UK have put together some fantastic training videos for use when remote learning. There are also links to refresh your sport stacking skills ready to use back in school. https://speedstacks.uk/education/home-curriculum/ | Free |  |




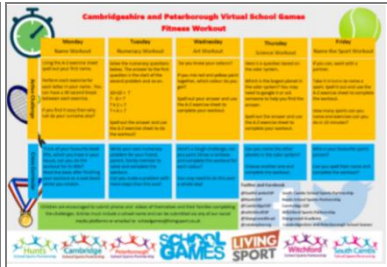



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| <p>Youth Sport Trust</p> | <p>This charity has been established for 25 years, working to ensure every child enjoys the life changing benefits that come from play and sport. They also deliver the School Games programme which is funded by Sport England. The following link provides more information on the School Games programme, as well as many different ideas on how you can get children moving.</p> <p>https://www.youthsporttrust.org/physical-wellbeing</p> | | |
| <p>TOP Sportsability</p> | <p>This is a unique activities programme developed by the Youth Sport Trust in partnership with National Governing Body of Sport. This can be utilised by schools to help engage young disabled people in PE, school sport and support their first step into the School Games listed above.</p> <p>https://www.youthsporttrust.org/top-sportsability</p> | <p>Free</p> |  |
| <p>Wonder Woman 1984 – Unleash the power of sport to reconnect</p> | <p>Youth Sport Trust have teamed up with DC to create Wonder Woman inspired resources for schools and families. The resources are free and can be accessed by clicking on the link and registering:</p> <p>https://www.youthsporttrust.org/wonder-woman-1984</p> | | |
| <p>Afterschool Club</p> | <p>In November 2020, the YST launched a virtual afterschool club to help fill the void of afterschool clubs children may be missing out on from not being at school. Currently running on Tuesday's and Thursday's via their YouTube channel:</p> <p>https://www.youtube.com/user/YouthSportTrust</p> | | |
| <p>Sticky Kids</p> | <p>This music and movement resource is aimed at early years children. Head over to their website to browse through the range of resources available to buy, or head over to their YouTube channel to check out some of their free videos.</p> <p>http://www.stickykidscatalogue.co.uk/index.html</p> <p>https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzi6jJ2UA</p> | <p>Free/Online Purchase</p> |  |









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| imoves | Free for parents to sign up to, they offer activities for parents and teachers to keep children active. www.imoves.com/imovement-signup | Free |  |
| Bounce Patrol | A YouTube channel designed for getting children (and adults!) up and moving to fun and catchy songs. https://www.youtube.com/channel/UC56cowXhogRWHegfSJKlQaA | Monthly Subscription |  |
| Get Set 4 P.E. | An online platform where you can find lesson plans, schemes of work and more, for use in planning and assessing PE. https://www.getset4pe.co.uk/ | Online Annual Subscription |  |
| Teach Active | An online resource tool designed to incorporate physical activity into the teaching of English and Maths. This approach has been proven to improve attainment and attitudes towards learning, whilst improving children's health and wellbeing. https://www.teachactive.org/ | Online Annual Subscription |  |
| Cosmic Kids Yoga | Subscribe to their YouTube channel or download resources from their website to teach children yoga, mindfulness and relaxation. https://www.cosmickids.com/ | Online Subscription |  |


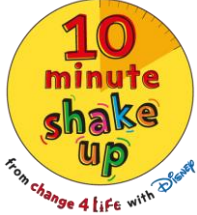



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| <p>Create Development</p> | <p>Many PE Leaders will have attended one of our networking meetings over the past couple of years where we have had demonstrations of the realPE programme. In addition to this, they have created other innovative training and resources to support families and communities to transform the culture of physical activity. https://www.createdevelopment.co.uk/</p> | <p>Subscription</p> |  |
| <p>Cambridge United Community Trust</p> | <p>Ashley from the trust has put together a video on how you can use fractions in sport. The video contains a lesson, an interview with a local sports personality and has interactive elements, please follow the link to watch the video. https://www.youtube.com/watch?v=KRiQ3WCKyf4</p> | <p>Free</p> |  |
| <p>Asphalt Green</p> | <p>This non-profit organisation is dedicated to helping all individuals, no matter their age, achieve health through sports and fitness. They have put together a series of videos showing various games with a focus on social distancing and no equipment. https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing</p> | <p>Free</p> |  |
| <p>Cambridgeshire Sports Partnerships</p> | <p>During the time the schools were closed, and as they slowly re-opened during the summer term, we, along with all the other Sports Partnership's in our area, put together weekly challenges to keep everyone active. The following link takes you through to the page on our website where these challenges were uploaded. https://www.improveit.education/ourservices/weekly-challenges/</p> | <p>Free</p> |  |
| <p>Go Noodle</p> | <p>An online resource where you can find videos for movement and mindfulness. https://www.gonoodle.com/</p> | <p>Free</p> |  |



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| Jump Rope UK | <p>A company dedicated to skipping! Teaches children the basics through to advance. During lockdown they put together a 'Jump Rope Challenge'. The following link will take you to their webpage with all the information needed to get skipping!</p> <p>https://www.jumpruk.com/the-lock-down-jump-rope-challenge/</p> | Free |  |
| The Body Coach - Joe Wicks | <p>From almost Day 1 of lockdown, Joe Wicks has been there to support us during lockdown by providing free workouts for all the family to keep us active and energised. All his workouts can be found on his YouTube channel.</p> <p>https://www.youtube.com/user/thebodycoach1</p> | Free |  |
| Andy's Wild Workouts (CBeebies) | <p>A series of 10, 7 minute themed clips produced by CBeebies.</p> <p>https://www.bbc.co.uk/programmes/p06tmmvz</p> | Free |  |
| BBC Supermovers | <p>Fun curriculum linked resources to get your class moving while they learn created by the BBC and the Premier League.</p> <p>https://www.bbc.co.uk/teach/supermovers</p> | Free |  |
| Les Mills | <p>A popular name in the workout world, Les Mills have created a programme aimed at helping children to experience the joy and vitality of moving to music as well as fitness workouts.</p> <p>https://www.youtube.com/playlist?list=PLWTqWBjIUtUmvFgSBhkLnxcthciXW6Nf</p> | Free |  |
| Yorkshire Sport Foundation #ThisIsPE | <p>This Lottery funded charity in Yorkshire has a YouTube channel full of fun, free activities to entertain and educate at home.</p> <p>https://www.youtube.com/user/WestYorkshireSport</p> | Free |  |



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| <p>Boing</p> | <p>This website provides many fun and free activities for children of all ages and abilities. https://www.boingkids.co.uk/</p> | <p>Free</p> |  |
| <p>Change 4 Life Shake Ups</p> | <p>Change 4 Life have teamed up with Disney to create a range of play along games with your favourite Disney and Pixar characters. Each one is 10 minutes long. https://www.nhs.uk/10-minute-shake-up/shake-ups</p> | <p>Free</p> |  |
| <p>Living Sport</p> | <p>Living Sport is a charity set up 15 years ago to improve the health, happiness and well-being of people in Cambs and Peterborough. They are the Active Partnership for this area and we work closely with them for the School Games programme. They have a dedicated page on their website with ideas on how to keep active whilst at home. https://livingsportcambridgeshirepeter.eu.rit.org.uk/families</p> | <p>Free</p> |  |

