

Physical Activity and PE at home



Lots of activities have all been designed to ensure young people with Special Educational Needs and Disabilities can access inspiring, accessible and meaningful PE and school sport during their home learning.



Please click on any of the images below to go directly to the resource list for examples of those activities that you can do at home.



Sensory



Body and Mind



Fitness



Sport Skills



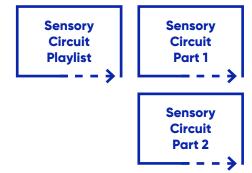
Balance, Agility, Coordination





Sensory

Sensory Circuits – Collection of exercises and activities that help people with sensory processing issues to participate in physical activity.



Special Olympics MATP – Activities designed for individuals with profound, multiple learning disabilities and complex needs – movements are broken down into smaller parts.



YST Elements – Activities for young people with profound and multiple learning difficulties based on national curriculum PE areas of activity that have been adapted to suit the needs of your child.



SENSE Sport – Increase the variety and choice of sensory sport and physical activities available to people with complex disabilities.







Body and Mind

Mind Body Mini Challenges - Selection of short inclusive challenges linked to PE outcomes.

Relaxation **Breathing Mindfulness** Meditation **Short Body Relaxation Mediation**

Mindfulness Superhero

Alphabet Stretching

Yoga - Exercise that focuses on bringing harmony between mind and body.



Special Olympics Strong Minds -

Interactive learning activity focused on developing adaptive coping skills.



YST Active in Mind - Videos that focus on improving children's mental health; supporting them as they either prepare to return to school, or coping strategies on how to understand the current changed environment in class, school and life.

YST Active in Mind



Boom Chicka Boom Dance



Ghostbusters Dance

Fitness

Fitness Circuits - Combination of exercises Dynamic Sensory performed with short rest periods between. Movements **Circuit Playlist** Strength and Power Designing a fitness circuit **Special Olympics Fitness Friday Quick Fitness Challenges YST 60 second Activities PE ASC Fitness Challenges** - Selection of short inclusive fitness challenges linked to PE outcomes. Lockdown Games – Inclusive Fitness Wheelchair/Seated/Adapted **Wheel Power Limbpower Adapted Fitness** Fitness - Workouts are adapted **Fitness Videos** to the needs of the individual. Wheelchair fitness playlist **Early Years Inclusive Activities** Change 4 Life @ Home **Young Athletes** - Inclusive fun play activities **Accessible activities** at Home Lessons for children 2-5 years. **Themed Workouts Harry Potter Themed Workout Avengers Themed Workout Star Wars Wonder Woman Themed Workout Batman Themed Workout** Themed Workout

Fortnite Dance Themed Workout





Games and Sport Skills

PE Challenge Games

 Selection of short inclusive challenges linked to PE outcomes Panathlon At Home Multi-Skills YST 60 second Activities

ASC PE Challenge Games PE @ home mini challenges

Target Games and Sports

Target
Games

Rugby Target Games Target Frisbee Golf Target Sports & Games Dodgeball Target Skills Boccia Target Games

Striking/Field
Games and Sport

Cricket Bowling

Cricket Skills

Underarm Throw

Rounders Bowling

Rounders/Baseball Skills

Underarm Catch

Invasion Games and Sports

Avoid the Defender Game

Basketball Skills

Rugby Skills

Net/Wall Games and Sports

Table Cricket

Badminton Skills

Tannia Skilla

Sitting Volleyball

Tennis Skills 2

Volleyball

Multi-Sport Activities

YST After School Sport Club

Virtual School Games Ideas

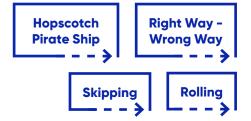
Olympic/Paralympic Challenge

School Games Virtual Competition Ideas

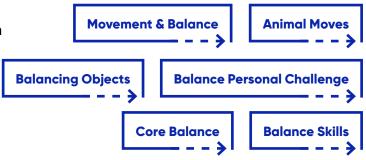


Balance, Agility and Coordination

Agility Activities – The ability to change and control the direction and position of the body while maintaining a constant movement.



Balance Activities - The ability to control or stabilise the body when standing still, sitting or moving.



Coordination Activities – The ability to use the senses together with body parts during movement.

Handclapping Game

Standing Long Jump Skills Challenge

Swimming

Themed Activities

Boccia

Goalball

LimbPower Virtual Ball Skills

Football

Dribbling

Dance Activities – Selection of short inclusive challenges linked to PE outcomes.

