**PE and Physical Development Activities during Lockdown - Update**

**How physical activity can support children with special educational needs and disabilities at home:**

<https://www.bbc.co.uk/bitesize/articles/z76ny9q>

**Fitness Studio Exercise Videos:** Take your pick from 24 instructor-led videos across our aerobics exercise, strength and resistance, and pilates and yoga categories. These workouts have been created by fitness experts InstructorLive and range from 10 to 45 minutes.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

**Ten Physical Activities to Try at Home:**

* **Organised Sport:** By engaging children in regular sporting activities, it improves their overall health and fitness and increases their social skills and sense of achievement. Try to promote a variety of activities to encourage children to take part in organised sports, such as football, rugby, cricket, tennis, basketball, netball, badminton, rounders and hockey.
* **Race:** Running is a fun and simple activity that strengthens the children’s muscles and bones. Encourage children to run by integrating a variety of unique racing games, such as an energetic space hopper race, the classic egg and spoon race, a playful sack race or an amusing fancy dress relay race!
* **Obstacle Course:** Create an exciting obstacle course to enhance the children’s development in numerous areas for balance, coordination, alertness, body awareness, strength and endurance. Try using obstacles such as balance beams, hurdles, cones, ladders, hoops, space hoppers, tunnels, balls and climbing frames to build the ultimate children’s obstacle course! Children can:
  + Jump, hop or leap from spot to spot
  + Bend down to pick up a ball
  + Roll a ball between two cones
  + Creep, crawl through a box or tunnel
  + Pencil roll along a mat
  + You could also add a fine motor aspect into your obstacle courses, e.g. threading beads or using large tweezers to move fluffy balls from one container to another. This will help children who find it difficult to sit down and focus on fine motor activities at other times.
* **Throwing:** Throwing activities help to improve a child’s hand-eye coordination, motor skills and timing. There are countless throwing games that you can try with the children, such as throwing balls through hoops, shooting in basketball and netball games, hitting a target with bean bags in a throwing game or aiming an object at a large target board or set of cans.
* **Dancing**: If you play a child’s favourite song, it is guaranteed to make their body move! Dancing promotes cooperation and increases flexibility and stamina. Encourage the children to invent their own dances and give them props such as colourful dance rings, scarves, pom poms or wands to inspire their creativity even further!
* **Skipping:** Skipping is a fun activity which improves a child’s heart rate, coordination and agility. Encourage children to try different skipping games, such as jumping with a partner, running through the rope or jumping for height!
* **Parachute Game:** Parachutes are a popular resource for large groups of children, which help to develop gross motor skills and inspire teamwork. There are heaps of different uses for parachutes, including games such as crossing over and under, ocean waves, cat and mouse, ball surfing and much more!
* **Trampolining:** Trampolining is an enjoyable cardiovascular activity that increases a child’s heart rate, builds strength and tones muscles. Most kids love to jump on a trampoline, so why not introduce them to a mini trampoline and engage them in games such as knee jumping, jumping on one leg or counting with each jump.
* **Tug of War:** Tug of war is an entertaining and competitive activity that enhances a child’s strength and resistance. Split the children into teams, hand out the rope, set the goal and let the battle commence!
* **Walking:** Walking is a simple activity that not only increases physical development, but also enhances a child’s mental health as well. Whether it’s walking to school, power walking in a school race or walking through nature on a school trip, make sure you get the kids out and about to promote physical activity. Get involved with the Daily Mile (<https://thedailymile.co.uk/at-home/>)!