



June 2020

Staying Active at HOME

Sport - Physical Activity - Mindfulness

Scottish FA

Fun At Home

<https://www.scottishfa.co.uk/football-development/activity-hub/fun-at-home/>

Netball Scotland

<https://t.co/fXlkT6n6MK?amp=1>

Cycling Scotland

<https://www.cycling.scot/covid19-information/resources>

Get Set

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

SPFL Trust

<https://www.joyofmovingresourcehub.co.uk/games-and-activities/home-school-festival-epl-trust>

BBC

Supermovers

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

CBeebies

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Play Scotland

<https://www.playscotland.org/parents-families/play-scotland-home-play-pack/>

Rugby

As One At Home

<https://www.scottishrugby.org/fanzone/kids-corner>

British Blind Sport

Stay In Work Out

<https://britishblindsport.org.uk/stay-in-work-out/>

Discovery Education UK

Active Home

<https://www.activekidsdobetter.co.uk/active-home>

Live-N-Learn

<https://live-n-learn.co.uk/resources/home-learning>

Youth Sport Trust

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Change 4 life

<https://www.nhs.uk/change4life>

Tennis Scotland

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home>

Athletics at Home

<https://www.scottishathletics.org.uk/athletes/get-involved/athleticshome/>

Cosmic Yoga

You Tube

<https://www.youtube.com/user/CosmicKidsYoga>

PE with Joe

You Tube

<https://www.youtube.com/user/thebodycoach1>

YDance

<http://www.ydance.org/>

Complete PE

Twitter

@Complete_PE
https://twitter.com/Complete_PE

Stay Safe

Move, play & have fun!

Feel free to share your Staying Active at HOME on

Active Schools Twitter @ActiveSchoolsEA

Vibrant Communities Facebook @eavibrantcommunities

