

Winter 2021

Staying Active at HOME

Sport - Physical Activity - Mindfulness

Scottish FA

Fun At Home

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

Netball Scotland

<https://www.netballscotland.com/stay-at-home-activities/>

Cycling Scotland

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

Scottish

Disability Sport

<https://www.scottishdisabilitysport.com/be-active-be-well-winter-2020-21/>

Senjokai Karate

<https://senjokai-karate-academy.mymamembers.com>

Wheelpower

<https://www.wheelpower.org.uk/resources/wheelpower-workouts-for-young-people>

CBeebies

<https://www.bbc.co.uk/cbeebies/joinin>

Play Scotland

<https://www.playscotland.org/parents-families/>

Rugby At Home

https://s3-eu-west-1.amazonaws.com/sru-files/docs/SR20_curriculum_pack_v2.pdf

British Blind Sport

<https://britishblindsport.org.uk/active-at-home/>

Discovery Education UK

Active Home
<https://www.activekidsdobetter.co.uk/>

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/play-compete/lta-youth/tennis-at-home/>

Scottish Athletics

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

Cosmic Yoga

https://www.youtube.com/results?search_query=cosmic+yoga

PE with Joe You Tube

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

New Horizon Meditation

<https://www.youtube.com/c/NewHorizonHoliSticCentre/videos>

Boccia

<https://boccia.scottishdisabilitysport.com/boccia-schools-resource/>

Stay Safe

Move, play & have fun!

Feel free to share your Staying Active at HOME on
Active Schools Twitter @ActiveSchoolsEA
Vibrant Communities Facebook @eavibrantcommunities