



PE-Physical & Mental Well-being

Welcome to Children's Mental Health Week 2021!

Research has proved that regular physical exercise and engaging with mindfulness activities help greatly with improving physical and mental well-being.

Below are a series of links you can try- please feel free to take photos and send them in to

[\(admin@srps.plymouth.sch.uk\)](mailto:admin@srps.plymouth.sch.uk)

show what fun you have been having at home.

Children's Mental Health Week-
Virtual Assembly (BAFTA Kids)

<https://youtube.be/Eft4E079QL4>

PE with Joe 2021

<https://youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt>

NHS- Change4Life

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

Sport England

<http://www.sportengland.org/news/how-stay-active-while-youre-home>

NHS England (10 Minute Workouts)

<http://www.nhs.uk/live-well/exercise/10-minute-workouts/>

BBC Supermovers

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

Go Noodle

<http://www.gonoodle.com/for-families/>

Cosmic Kids

<http://www.cosmickids.com/category/watch/>

Very Well Family

<http://www.verywellfamily.com/active-play-4157315>

Smiling Mind

<http://www.smilingmind.com.au/smiling-mind-app>

Sports Rec

<http://www.sportsrec.com/5185418/indoor-sports-activities-for-kids>

Other YouTube clips

We have had a look at some of the videos available on You Tube and a few that we think are most useful are;

- Nuffield Health - Home Exercises for Kids; www.youtube.com/watch?v=aHVR2FnTpdk
 - Popsugar Fitness - Have a blast with this family fun cardio workout; www.youtube.com/watch?v=5if4cjO5nxo
 - The Body Coach TV - 5 Minute Move/Kids Workout I; www.youtube.com/watch?v=d3LPrhIOx-w&t=4ls
 - KIDZ BOP - Dance along videos; www.youtube.com/watch?v=sHd2s_saYsQ
 - Nate Bower Fitness - ultimate 20 minute full body workout for kids; www.youtube.com/watch?v=WmGjxU3Ggko
 - Little Sports - Kids need physical activity every day to get stronger. These exercises are fun and easy to do at home and will help involve the entire body; www.youtube.com/watch?v=o8uTdn_zkok
 - Jumping Jax Gym - Full 25 min exercise routine for children and adults; www.youtube.com/watch?v=dhCM0C6GnrY
 - Maricopa County Public Health - a fun, easy-to-follow dance workout video for children and adults; www.youtube.com/watch?v=8y6bIbr-Hn0
- <https://www.youthsporttrust.org/free-home-learning-resources-secondary>