



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

Dear Parent and Carer,

I am writing to make you aware that your child attends a school in the South Leicestershire School Sport Partnership (SLSSP). The non-profit making organisation works with 83 local schools alongside the Harborough District Council, Blaby District Council, Oadby and Wigston Borough Council.

SLSSP supports education professionals and provides opportunities for all young people in South Leicestershire to ensure that well-being, physical activity, school sport and PE is at the heart of school life. The partnership is passionate about developing inclusive provision to promote personal development and lifelong healthy behaviours.

For updates on physical activity as well as well-being resources follow SLSSP on social media and visit or parent portal webpage.

Parent Portal: <http://learningsouthleicestershiressp.org.uk/parent-guardian-portal/>

Facebook: @learningsouthleicestershiressp

Twitter: @LSLSSP

Instagram: @southleicestershiressp

It is recommended that children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week. This guideline has become increasingly difficult to achieve with the current restrictions in place. Therefore SLSSP have listed a large number of physical activity resources to keep children healthy and active at home below.

Yours sincerely,

Hussein Khan

Partnership Development Manager

South Leicestershire School Sports Partnership

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## Virtual PE and Physical Activity List

### Important Websites

SLSSP will post regular updates on our website and twitter:

<http://learningsouthleicestershiressp.org.uk/parent-guardian-portal/>

Active Harborough District have created a self-help part of their website. Support for adults and children during this time.

<https://www.harboroughsport.org.uk/self-help>

Leicestershire and Rutland Sport have launched a Healthy at Home part of their website

<https://www.lrsport.org/healthyathome>

Sport England have published some useful tips on staying active.

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

PE lessons at Home

[https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy\\_91jDL](https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL)

NetFlex- Various Fun and Engaging Physical Videos

<https://drive.google.com/file/d/17lkIRCIMjnlnCDOZd95U43yEUfN5wbOE/view>

### Athletics (Running, Throwing and Jumping)

Funetics YouTube Channel

<https://www.youtube.com/channel/UCIIVWCjutNqP4ZSY2FSEQVw/videos>

### Cricket

LSLSSP-Cricket at Home

<https://www.youtube.com/watch?v=DGgaljfvDZI&list=PLfBBQVFbl4Isu7MGpBb7Vca0EoyhE3zW>

Chance to Shine Twitter Regular Videos

<https://twitter.com/Chance2Shine>

### Football

SLSSP -Football at Home

<https://www.youtube.com/watch?v=3tRwvnXHN08&list=PLfBBQVFbl4n7AjaqXHQRQCfPdD8NbCtw>

The FA-Regular Challenge on Twitter

<https://twitter.com/FA>

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## **Tennis**

LSLSSP Tennis at Home

<https://www.youtube.com/watch?v=ThTw4vD6Mak&list=PLfbBBQVFbI4IQH2mwK4QyEGVohOpBiMdL>

LTA

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

## **Inclusive Sports**

SLSSP Inclusive Sports at Home

<https://www.youtube.com/watch?v=C-j4jgzc2j8&list=PLfbBBQVFbI4nigKo6HHevzMOvHiAqx5TQ>

## **Early Years Foundation Stage**

Funky Feet Music-Movement to Music

<https://www.youtube.com/channel/UCz73wN5rMFEyezAKLCvDUcg/videos>

## **Dance**

Just Dance

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

Dance with Oti

[https://www.youtube.com/watch?v=YITV9IVl3x0&list=PLuwFE3WYin9cEHEnNWaqBNndTMXzH7\\_8u](https://www.youtube.com/watch?v=YITV9IVl3x0&list=PLuwFE3WYin9cEHEnNWaqBNndTMXzH7_8u)

Boogie Beebies – active videos for EYFS children

<https://www.bbc.co.uk/programmes/b006mvsc>

## **Gymnastics**

Max Whitlock Sessions

<https://www.youtube.com/channel/UCu-rJFVlr7ZAZ0en3RRALPw/videos>

## **Yoga**

Cosmic Kids Yoga

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

Mindful Warriors

<https://www.mindfulwarriors.co.uk/>

## **Well-being (Mindfulness and Mental Health)**

LSLSSP Well-being at Home

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<https://www.youtube.com/watch?v=ONelutDXwlg&list=PLfbBBQVFbI4IHmVgUoRNnuPRG1cbZCu3I>

My Learnful Families-Mindfulness

<https://parents.learnful.co.uk/module/list/learnful-family-membership>

Smiling Mind (Free App to support Mindfulness in Young People)

<https://www.smilingmind.com.au/>

### **Physical Fitness and Various Type of Physical Activity**

Joe Wicks HITT Workout – High intensity work outs and online PE lessons for children, PE sessions every week day.

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

Super Movers – Online exercise with a maths and English theme!

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q>

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

Disney 10 Minute Shake-ups – Disney themed 10 minute activity videos

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Go Noodle – Various energetic videos using a range of themes to get children moving

<https://family.gonoodle.com/>

Scouts

<https://www.scouts.org.uk/activities/>

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