

Staying active at Home

West Sussex west will be introducing the “**WSWSSP weekly Twitter Personal challenge**” Starting Monday 23rd March a challenge will be released via our twitter account for children to attempt, consistently trying to better their score. They would like children/parents to share their success of their “improvement” not final score.

https://twitter.com/WSW_SSP

The Regis School PE dept will be launching their **Instagram challenges** designed by TRS Pupils. To access this pupils/parents/staff need to: download instar-gram, follow @trs-pe and watch stories with the challenges. If they wish they can film themselves or take picture and tag @trs-pe on the video/picture post.

Jodie Rix (Former Regis School PE and fitness teacher) family friendly Fitness. YouTube link below:

Family Fitness - Interval training part 1: <https://youtu.be/efAFOuora9s>

Family Fitness - Standing Balance sequence: <https://youtu.be/gzHiEOawKZ8>

Family Fitness - Ball, Balance and Core: https://youtu.be/uxH9J11W_xw

The Body coach: 5 minute move kids workout videos:

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c>

Cosmic kids: Yoga style exerises

<https://healthyfutures.us4.list->

[manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de](https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de)

REAL PE: “REAL PLAY” all online child friendly lessons. Free and accessible to any school that has “Jasmine” (attended a Real PE course via the WSW SSP)

<https://vimeo.com/398010428>

<https://jasmineactive.com/>

BBC Super movers: Active classrooms at home

<https://www.bbc.co.uk/teach/super movers>

Twinkl: Online lessons (All subjects)

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

Fluency & Fitness (body and brain exercise)

<https://fluencyandfitness.com/>

We hope this helps parents and children with activities at home. It’s important for both our physical and mental health to remain active.