

### **Useful links and apps to keep you active:**

#### **CPS Sports Enthusiasts & CPS Sport Twitter**

We will be sharing lots of skills videos and challenges through our Sports Enthusiasts Classroom page and CPS Sport Twitter feed!

Google Classroom Code:

x6ijeme

#### **Greenacre Sports Partnership Active at Home pack**

Lots of good activities and cards that can be used to create different challenges!

<http://www.sflt.org.uk/gsp/welcome-greenacre-sports-partnership/active-at-home/>

Password: GreenCBook2020!

#### **Cosmic Kids Yoga-**

<https://www.cosmickids.com/>

Sessions also available to watch on YouTube- type in Cosmic Kids.

#### **Joe Wicks – The Body Coach**

Joe Wicks has created lots of children friendly videos available through his YouTube channel. He is also hosting a PE with Joe every day at 9am on his channel from Monday 23<sup>rd</sup> March.

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

#### **Downdog Apps**

Downdog are offering free access to their apps which include Yoga, HIIT and 7 Minute Workouts.

<https://www.downdogapp.com/>

#### **Premier League Primary Stars**

The Premier League has made all of their resources available for free. This includes physical activity ideas as well as resources that link to the Maths, English and PSHE Curriculums. They are available at the following link:

<https://plprimarystars.com/for-families>

#### **Scouts**

The Scouts have created 100 things you could do indoors! Check out some of the challenges that could be undertaken:

<https://www.scouts.org.uk/the-great-indoors/>