

# Home Learning – Website Ideas

Subject: Physical Development



## Top Website Links

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

### Brief Description

Yoga improves strength and flexibility, and an increasing sense of peace. Autistic children also experience a reduction of pain, anxiety, aggression, obsessive behaviours, and self-stimulatory activity.

<https://www.youtube.com/watch?v=d3LPrhI0v-w> <https://www.youtube.com/watch?v=uqLNxJe4L2I>

### Brief Description

Joe Wicks simple exercise with visual support. 5 and 8 minutes long.

<https://www.twinkl.co.uk/resource/t-s-1257-activities-to-develop-gross-motor-skills>

### Brief Description

Gross motor (physical) skills are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing, walking, running, and sitting upright.

<https://www.twinkl.co.uk/resource/t-m-314-outdoor-activity-cards>

<https://www.cpft.nhs.uk/Documents/Miscellaneous/Sensory%20Motor%20Circuits.pdf>

### Brief Description

Sensory Circuits is a short and snappy sensory motor skills programme that helps to set children up for a school activities.

<https://www.youtube.com/watch?v=cZeM18fPbvI> <https://www.youtube.com/watch?v=HXpZhiPPTIs>

### Brief Description

Music and movement improve children's memory, cognitive development, learning skills and expressive ability.

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

### Brief Description

A great PE session for the whole family.

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

**Brief Description**

19 different channels, including exercise channels such as Zumba Kids, Net Generation and Koo Koo Kangaroo.

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[https://www.youtube.com/results?sp=mAEB&search\\_query=andy+wild+workouts](https://www.youtube.com/results?sp=mAEB&search_query=andy+wild+workouts)

**Brief Description**

Each video follows a different theme such as a beach or rainforest adventure. Videos are informative and educational.

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

**Brief Description**

Get set Tokyo home learning put a range of free activities, challenges and learning resources for parents to do indoors or in their garden with their children.

<https://imoves.com/the-imovement>

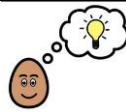
**Brief Description**

Fun activities for parents to keep children healthy and focussed at home. Varied activities for different ages.

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

**Brief Description**

10-minute bursts of fun to get children moving.



## Suggested Activities

Activity
Yoga
Joe wicks move workout
Gross motor activities
Outdoors activities
Sensory Circuits
Music and movement
Just dance
Dance

Andy's Wild Workouts
Olympic games
Wake up shake up
Tac Pac
Obstacle course
Bike riding