Physical Activity and PE at home

Lots of activities have all been designed to ensure young people with Special Educational Needs and Disabilities can access inspiring, accessible and meaningful PE and school sport during their home learning.

Please click on any of the images below to go directly to the resource list for examples of those activities that you can do at home.

- Sensory
- Body and Mind
- Fitness
- Games and Sport Skills
- Balance, Agility, Coordination
Sensory Circuits – Collection of exercises and activities that help people with sensory processing issues to participate in physical activity.

Special Olympics MATP – Activities designed for individuals with profound, multiple learning disabilities and complex needs – movements are broken down into smaller parts.

YST Elements – Activities for young people with profound and multiple learning difficulties based on national curriculum PE areas of activity that have been adapted to suit the needs of your child.

SENSE Sport – Increase the variety and choice of sensory sport and physical activities available to people with complex disabilities.
**Mind Body Mini Challenges** – Selection of short inclusive challenges linked to PE outcomes.

- **Breathing Mindfulness**
- **Relaxation Meditation**
- **Mindfulness Superhero**
- **Alphabet Stretching**
- **Short Body Relaxation Mediation**

**Yoga** – Exercise that focuses on bringing harmony between mind and body.

- **Floor Yoga**
- **Seated Yoga**
- **Bendy Yoga**
- **Sensory Yoga**
- **Wheelchair Adapted Yoga**
- **Beginner Seated Yoga**
- **Cosmic Kids Frozen Yoga**
- **Cosmic Kids Minecraft Yoga**

**Special Olympics Strong Minds** – Interactive learning activity focused on developing adaptive coping skills.

- **Breathing Activities**
- **Emotions and working with others**
- **Positive Thinking and Affirmations**
- **Stretching and Stress Ball work**

**YST Active in Mind** – Videos that focus on improving children's mental health; supporting them as they either prepare to return to school, or coping strategies on how to understand the current changed environment in class, school and life.
**Fitness**

*Fitness Circuits* – Combination of exercises performed with short rest periods between.

- Strength and Power
- Designing a fitness circuit
- Special Olympics Fitness Friday

*Quick Fitness Challenges* – Selection of short inclusive fitness challenges linked to PE outcomes.

- PE ASC Fitness Challenges
- YST 60 second Activities
- Lockdown Games – Inclusive Fitness

*Wheelchair/Seated/Adapted Fitness* – Workouts are adapted to the needs of the individual.

- Wheel Power Fitness Videos
- Limbspower Adapted Fitness
- Wheelchair fitness playlist

*Early Years Inclusive Activities* – Inclusive fun play activities for children 2–5 years.

- Change 4 Life @ Home Accessible activities
- Young Athletes at Home Lessons

*Themed Workouts*

- Star Wars Themed Workout
- Harry Potter Themed Workout
- Avengers Themed Workout
- Ghostbusters Dance
- Wonder Woman Themed Workout
- Batman Themed Workout
- Fortnite Dance Themed Workout
- Boom Chicka Boom Dance

*Dynamic Movements* *Sensory Circuit Playlist*
Games and Sport Skills

PE Challenge Games
- Selection of short inclusive challenges linked to PE outcomes

Target Games and Sports

Striking/Field Games and Sport

Invasion Games and Sports

Net/Wall Games and Sports

Multi-Sport Activities
Balance, Agility and Coordination

**Agility Activities** – The ability to change and control the direction and position of the body while maintaining a constant movement.

- Hopscotch
- Pirate Ship
- Right Way - Wrong Way
- Skipping
- Rolling

**Balance Activities** – The ability to control or stabilise the body when standing still, sitting or moving.

- Movement & Balance
- Animal Moves
- Balancing Objects
- Balance Personal Challenge
- Core Balance
- Balance Skills

**Coordination Activities** – The ability to use the senses together with body parts during movement.

- Boccia Skills
- Goalball Challenge
- Football Dribbling
- Handclapping Game
- Standing Long Jump
- Swimming Themed Activities
- LimbPower Virtual Ball Skills

**Dance Activities** – Selection of short inclusive challenges linked to PE outcomes.

- Just Dance - Waka Waka
- Dance at home
- Move to the Beat
- Superheroes Unite (Dance-A-Long)
- Trolls: Can’t Stop The Feeling – GONoodle