Our brand-new PE Home Learning cards have been designed to enable a personalised learning experience for all pupils.

The cards are very adaptable and so can be utilised with pupils across a broad range of ages and stages of learning.

The cards will link to multiple contexts of learning, including locomotion, gymnastics, dance, games, ball skills, athletics and outdoor and adventurous activity.

Teachers can select the cards that they want to send home to parents, so that children can learn independently with a sibling, parent or carer.

There is also a video accompanying each activity, our YouTube channel. The videos introduce and clearly explain how to set up and participate in the activities for maximum fun and learning.

We have also produced a separate guide available for parents.