**Inclusive ideas for keeping active at home**

* YSt Inclusion Resources <https://www.youthsporttrust.org/free-home-learning-resources-inclusion>
* TOP Sportsability - create an account with code – YSTINCLUSION15 <https://www.topsportsability.co.uk/>
* Parasport workout activities<https://parasport.org.uk/home-workout-kris>
* MATP - dexterity, throwing <https://youtu.be/Sqx9h2jBD88>
* Sensory Circuits lead by a Teacher <https://www.youtube.com/watch?v=Yhhq9I4DWJc&feature=youtu.be>
* Video clips to follow for short activity ideas <https://www.northyorkshiresport.co.uk/this-is-pe>
* Wheelchair/ armchair dancing <https://www.youtube.com/watch?v=KwRzMLUgIzY>

**PE related activity for Special schools**

* ***Iain Mills of Parkside School (Inclusion School – Norfolk)***  delivered a series of daily videos which can be found here - [https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUCUTi5prYawoEmjPt7PsR77g%2F&data=02%7C01%7Cgary.grieve%40youthsporttrust.org%7Cb1c778dbbfce4823643b08d7d646108c%7C1edf6d8569a74432ab4c4f127bbfeedd%7C0%7C0%7C637213468727958213&sdata=EtV80EklPJvdZGyj4bmIA6Kwq4yxOxzdml8RD%2Frx0PI%3D&reserved=0) ***Meadowgate Academy,***
* ***Living Room Sensory Circuits*** [https://youtu.be/5faHPCxQ\_0w](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F5faHPCxQ_0w&data=02%7C01%7Croshni.mistry%40youthsporttrust.org%7Ca571b762c59d47297ce408d7d6fb3417%7C1edf6d8569a74432ab4c4f127bbfeedd%7C0%7C0%7C637214246701213877&sdata=ZNjJRR9%2Fj%2F9N394Rr%2B1X6vGx6gmPFWJsoa0yZvWjtKM%3D&reserved=0)
* MOBILITY MATP from S. Bucks: <https://www.youtube.com/watch?v=_iv0eFF7pk8&feature=youtu.be>

**Daily physical activity ideas**

* ***Top Sportsability -*** <http://topsportsability.co.uk/>

(Activities to include SEND pupils – To register, enter YSTINCLUSION15 as Inclusion lead code)

* ***Change4Life*** - <https://www.nhs.uk/change4life/activities/accessible-activities>

(Accessible activities for young people; some with a Disney theme)

* ***The Inclusion Club -*** <https://theinclusionclub.com/inclusive-lockdown-games/>

(Simple games and activities for all ages using bits and pieces you have lying around the house.)

* ***Cosmickids Yoga -*** <https://www.youtube.com/user/CosmicKidsYoga>
* ***Brain Parade -*** <http://www.brainparade.com/>

(Interactive educational games for children with autism puts the power of learning at your fingertips.)

* ***HelpkidzLearn*** - <https://www.helpkidzlearn.com/shop/online-software/games-and-activities>
* ***Sensory APP House -*** <https://www.sensoryapphouse.com/>

(FREE Apps for sensory stimulation, relaxation, cause & effect)