

# Home Activities

## AS Ideas

- Personal Best challenges. We have created a [crib sheet](#) of ideas for you to do at home. You can use these challenges or create your own.
- Surrey School Games cultural element. This year, we're celebrating the Tokyo 2020 Summer Olympics with two different competitions:-
  1. [KS1 \(Years 1&2\) - Design a flag](#)
  2. [KS2 \(Years 3-6\) - Write a poem or charter](#)

Get creative with your entries. Pretend you are one of the mascots and choose a sport to compete in and make your own races.

## School Examples

- [Springfield](#)
- Staines Prep [KS1](#) [KS2](#)
- [St Mary's Oxted](#)

## Resources

- BBC [Supermovers](#)
- Change4Life [Accessible workouts](#)
- Change4Life [Wake Up Shake Up](#)
- [Cosmic Kids Yoga](#)
- Create Development - [real play at home](#)
- Get Set [Resources](#)
- [Go Noodle YouTube Channel](#)
- [imoves](#)
- [Joe Wicks workouts](#)
- [Jump Start Jonny](#)

- [Just Dance](#)
- Nike [Active Kids Do Better](#)
- [Premier Education](#)
- Premier League [Primary Stars](#)
- [Questr](#)
- Sports Leaders [Raising Resilience](#)
- [Succeedin and The PE Suite](#)
- Synergy Dance [tutorials](#)
- [Tagtiv8](#)
- This Girl Can - [Disney home workouts](#)
- [Youth Sport Trust](#)



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