

# ***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

**Sensory Circuits** – Collection of exercises and activities that help people with sensory processing issues to participate in physical activity.

Sensory  
Circuit  
Playlist

Sensory  
Circuit  
Part 1

Sensory  
Circuit  
Part 2

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

MATP @ home – Ideas for Gross  
& Fine Motor Skills

MATP @ home – Kicking/Lower  
body skills

**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.

Water:  
Sensory Play

Fire:  
Dance

Earth:  
Games  
Circuits

Air: Outdoor  
Adventure  
Indoors

**SENSE Sport** – Increase the variety and choice of sensory sport and physical activities available to people with complex disabilities.

Sensory  
Yoga

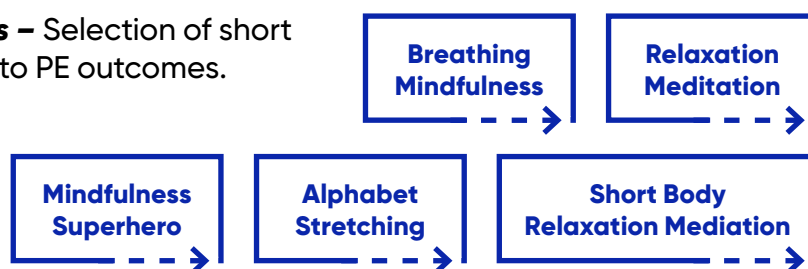
Mini Sensory  
Games

Making Walks Sensory

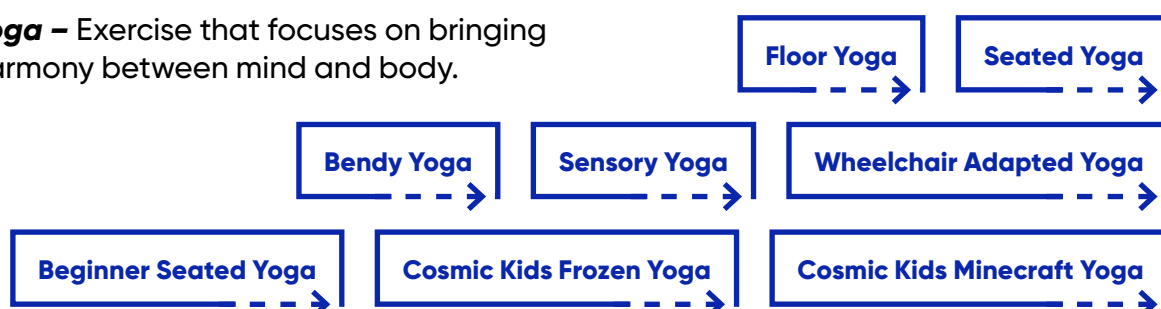


# Body and Mind

**Mind Body Mini Challenges** – Selection of short inclusive challenges linked to PE outcomes.



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



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



**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.

[Dynamic Movements](#)

[Sensory Circuit Playlist](#)

[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](#)

[Limbpower 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

[Harry Potter Themed Workout](#)

[Avengers Themed Workout](#)

[Star Wars Themed Workout](#)

[Wonder Woman Themed Workout](#)

[Batman Themed Workout](#)

[Ghostbusters Dance](#)

[Fortnite Dance Themed Workout](#)

[Boom Chicka Boom Dance](#)



# Games and Sport Skills

## PE Challenge Games

– Selection of short inclusive challenges linked to PE outcomes

Panathlon  
At Home  
Multi-Skills

YST 60  
second  
Activities

ASC PE  
Challenge  
Games

PE @  
home mini  
challenges

## Target Games and Sports

Target  
Games

Rugby  
Target  
Games

Target  
Frisbee  
Golf

Target  
Sports &  
Games

Dodgeball  
Target  
Skills

Boccia  
Target  
Games

## Striking/Field Games and Sport

Cricket Bowling

Cricket Skills

Underarm Throw

Rounders Bowling

Rounders/Baseball Skills

Underarm Catch

## Invasion Games and Sports

Avoid the Defender Game

Basketball Skills

Rugby Skills

## Net/Wall Games and Sports

Sitting Volleyball

Volleyball

Table Cricket

Badminton Skills

Tennis Skills

Tennis Skills 2

## Multi-Sport Activities

YST After School Sport Club

Virtual School Games Ideas

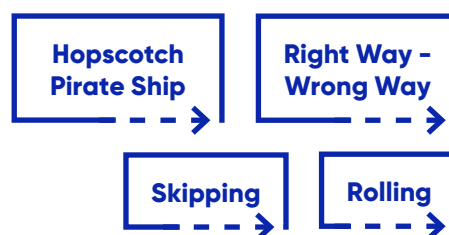
Olympic/Paralympic Challenge

School Games Virtual Competition Ideas

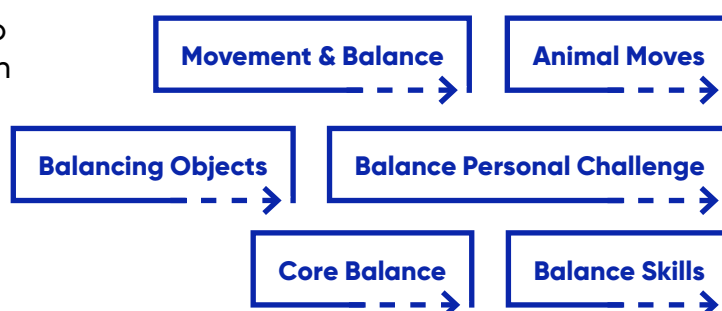


# Balance, Agility and Coordination

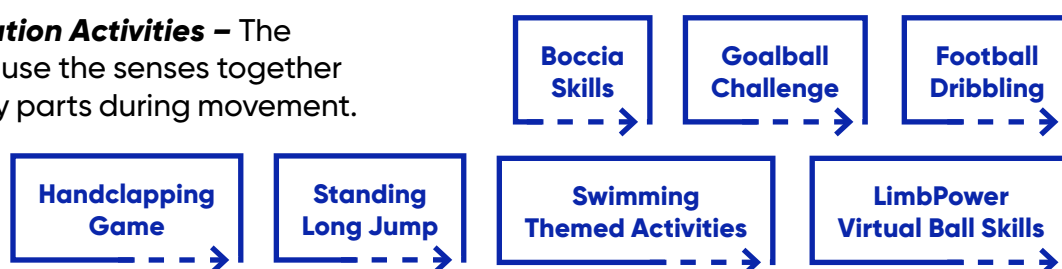
**Agility Activities** – The ability to change and control the direction and position of the body while maintaining a constant movement.



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



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



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

