

Useful Websites to Support Physical Education at Home for students with Special Educational Needs

Physical Activity is very important for the health and wellbeing of our children and young adults. It is a challenging time for teachers supporting families in catering for the physical educational need of their children at their homes.

There are many resources that may be useful, some that have been developed since our schools of closed. For example, Joe Wick's YouTube channel, *The Body Coach TV*, is hosting *PE with Joe* live every weekday morning at 9am.

Although this example will not be suitable for all students, below is a list compiled to include a variety of websites that may be useful for you as you prepare resources.

Source	Website	How this might help?
PMLD Curriculum, Frederick Homes School, UK	https://www.frederickholmes.hull.sch.uk/wp-content/uploads/2017/01/FHS-Curriculum-Guidance-for-pupils-with-PMLD.pdf	School Curriculum for children with Profound and Multiple learning Disabilities. Section 5 refers to physical education.
PMLD Curriculum, Three Ways School	http://www.threeways.co.uk/uploads/documents/Draft_4_ThreeWaysPMLD_Curric.pdf	School Curriculum for children with Profound and Multiple learning Disabilities. Programme of Learning – Physical Skills – page 27.
HSE Get Ireland Active	https://www.getirelandactive.ie/Professionals/Education-Primary/Resources/HSE-Get-Active-in-the-Classroom-.pdf	HSE document promoting physical activity in Ireland. Links activities with Fundamental Movement Skills (FMS)
Body Awareness Activities	https://planningplaytime.com/pr-eschool-songs-body-parts	Body Awareness helps us know our own body parts and how they can move. These are activities that can help children learn about and move their body through the use of songs.
YouTube Action Songs	Examples: The Singing Walrus, Action Song: https://www.youtube.com/watch?v=dUXk8Nc5qQ8 The Learning Station, Shake Your Sillies Out: https://www.youtube.com/watch?v=NwT5oX_mqS0 The Kiboomers Kids Music Channel, Freeze Dance:	There are many YouTube channels that provide engaging actions songs for students to follow along to. The ones provided are examples but many more can be found on the website/app

	https://www.youtube.com/watch?v=2UcZWXvgMZE	
HSE Resource Pack for Older Children	https://www.hse.ie/eng/services/list/1/lho/cavanmonaghan/therapy-services/older-child-resource-pack.pdf	This is a resource pack put together by Cavan and Monaghan Children's Occupational Therapy School Age Team. It gives a lot of information that may be useful for parents on topics such as fine and gross motor skills and organisational skills.
PDST	https://www.pdst.ie/Physical-Education-Main	PDST Resources including PSSI lessons, planning resources and strand-based resources.
Scoilnet Physical Literacy Resources	https://www.scoilnet.ie/pdst/physical/fms-activities/	PDST Fundamental Movement Skills information and videos.
Indoor Games	https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/	This website has indoor games for children at home which can be linked to the curriculum and may be a useful resource for parents.
Cosmic Kids Yoga	https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ	YouTube channel with yoga activities for children.
Brain Break Cards	https://www.123homeschool4me.com/free-brain-breaks-cards_3	Printable cards with animal actions on them.
Movement Break Activities	https://standupkids.org/movement-break/	Website with movement breaks for children including videos demonstrations.
Physical Activity for people with Autism	https://www.autism.org.uk/professionals/training-consultancy/courses/sports.aspx	Booklet filled with practical strategies to implement in your delivery of sport and physical activity when working with autistic people.