

Useful websites if you would like to continue your child's PE learning at home:

Park run – weekly 2km or 5km fun run or walk

<https://www.parkrun.org.uk/birkenhead/>

Move while you learn supporting English and Maths

<https://www.bbc.co.uk/teach/supermovers>

Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Yoga for children

<https://cosmickids.com/>

Boogie Beebies – Dancing for young at heart

<https://www.bbc.co.uk/programmes/b006mvsc>

10 minute shake up based on Disney films

<https://www.nhs.uk/10-minute-shake-up/shake-ups> <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Information about Beat the Street – Get ready for the 2026 challenge – walk, run or cycle

[https://www.hounslow.gov.uk/news/article/777/beat\\_the\\_street\\_set\\_to\\_return\\_to\\_hounslow](https://www.hounslow.gov.uk/news/article/777/beat_the_street_set_to_return_to_hounslow)

Just dance

<https://www.youtube.com/watch?v=bl7QZHvzva-E&t=11s>

<https://www.gonoodle.com/>

Cycle training

<https://wheelsforall.org.uk/locations/birkenhead-park-wheels-for-all>

Daily Mile walk/run

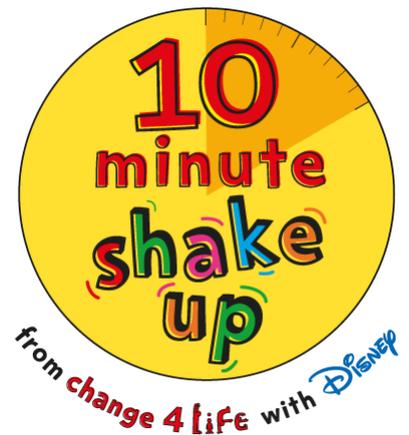
<https://thedailymile.co.uk/parents-and-carers/>

GCSE support:

<https://theeverlearner.com>

sports practices you can use at home:

<https://www.sportsplan.net>



Many Thanks from The Clare Mount PE Team