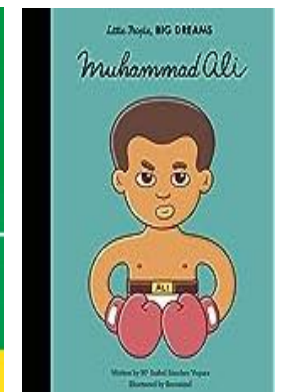
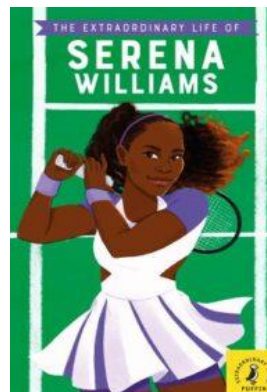
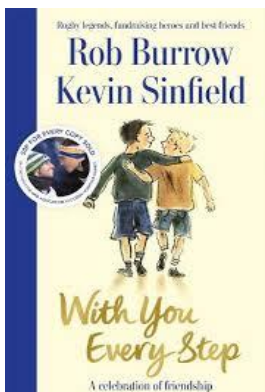
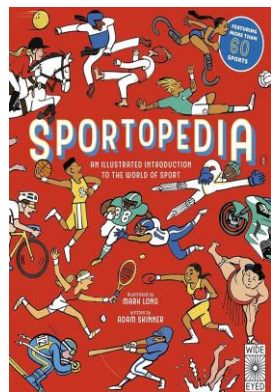
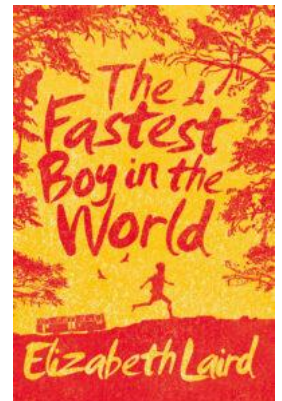
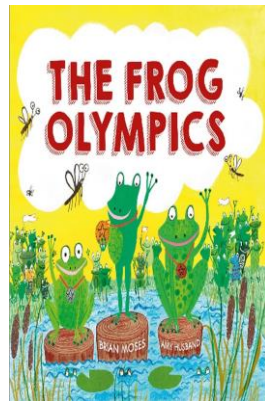
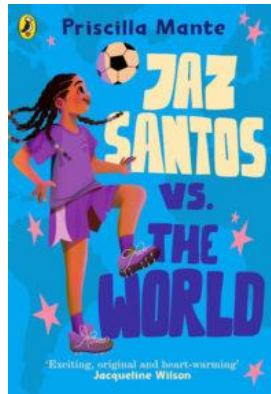
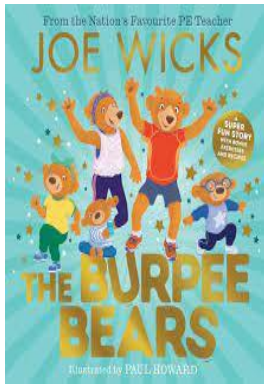




## Physical Education (P.E.)

### Recommended Reads



### Recommended Websites

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 Early years

<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>

Just dance 2021

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

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

Daily Mile walk/run

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

Table Tennis - practice at home

<https://www.ttkidz.co.uk/play-at-home/>

Try the challenges we did for our school competition

<https://www.ttkidz.co.uk/tt-kidz-virtual-schools-championship-challenges/>

## Recommended Apps

### PE Shake



The PE Shake is made up of 100 PE warm-up games that are easy to set up with minimal equipment. Each time you shake the application a new random easy-to-set-up game appears. All games are suited to both primary and secondary school students. This app is great for students to use; as they can choose which game they want to warm up to in their PE class. It is also a fun tool for teachers who are stuck for warm-up activities.



### SuperStretch

Super Stretch is a fun, interactive yoga app created for kids, used by the whole family and school classes! Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses. Super Stretch is your guide who takes you on your journey. Using storytelling, animation and video examples, kids enjoy making NAMASTE a part of their day.

## Active Gaming Apps

### Bit Breaker



In Bit Breaker, your physical movements are translated into movements of the on-screen paddle, as you play a form of physical space-invaders. Simply place down your device with the screen facing you, take a few steps back and play the game with your body in this arcade-inspired brick breaker. Step left or right to steer the paddle and jump for a power shot!



### Virtual Active

These cool games use head tracking software and the device's front facing camera to control the action on your screen. Used in conjunction with an exercise bike/elliptical/treadmill, the basic premise is that the faster you move, the greater movements of your machine which the app tracks and therefore the faster you move the action in the game. Heaps of fun. Stop moving and your in-game activity also stops.

# Anatomy Apps

## Pocket Heart 2



A brilliant way to learn and review the function and structure of the heart in 3D. Students can explore the case studies in full detail or complete a 'locate pin quiz' to test their knowledge. Connect your device to a screen and share with your entire student group.

## Living Lung



A superb app that helps teachers showcase the internal workings of the human lungs. Users can modify the breaths per minute to see how this varies the lung volume. Use it with students learning anatomy, or during practical activities to help students visualize the acute responses they are experiencing.

## Whack a Bone



The gamification of learning continues to excite and this app is no exception. "The game is designed to draw beginners into the curious and fascinating world of anatomy, guiding them toward a commanding recall of the major bones of the human body".