



Special Olympics- School of Strength

Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit. Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one.

Sensory Circuit from Iain Mills

Sensory Circuits are designed to work on the fundamentals of learning and senses. By doing these regularly you should build up your strength and proprioceptive, vestibular and tactile senses. They also get you ready for learning.



Change4Life Accessible Activities

There are lots of ways to keep disabled children and young people active – start off by choosing activities your child is interested in and adapt them.

Parasport

Parasport are producing home workout routines especially designed for disabled people. New content will be added to the website all the time, so keep an eye on the latest updates.



Youth Sport Trust

#THIS IS PE

Each #ThisIsPE secondary PE activity comes with a downloadable learning card. All of the activities on this link are specifically designed for special schools.



TOP Sportsability

This is a free online resource aimed at schools. It consists of video clips and downloadable content showing ideas and strategies around the inclusion of young disabled people in physical activity. Sign up required.

Activity Alliance

Activity Alliance is sharing the top ways to adapt activities so more people can stay in and work out. The STEP tool is one of the most effective ways to use household items to be active. STEP stands for Space, Task, Equipment and People.



Adaptive Yoga with Wheelpower

Yoga is a safe and effective way to improve both your physical and mental wellbeing. The instructor demonstrates, explains and guides you through a gentle warm up, before showing you how to complete the yoga poses. These videos last approximately 30 minutes.

BBC Bitesize

A resource that explains how physical activity can support children with special educational needs and disabilities at home.



Sock-ia

A School Games activity card from Boccia England adapted so you can still take part at home.