



PHYSICAL ACTIVITY WHEN LEARNING AND TEACHING FROM HOME

Physical activity is important for the health and wellbeing of every student and teacher while learning and teaching from home. This collated list of no cost resources can be used to support movement throughout the day and may be selected and adapted to suit the age, interests, abilities, environment and needs of students and teachers.

Important notes: AISNSW encourages a whole-school approach to physical activity. These activities are not intended to replace PDHPE learning for students, but complement the PDHPE curriculum which involves exploring movement concepts with educative purpose. You may also like to view AISNSW Safety Considerations for PDHPE Learning from Home.

Physical activity recommendations for 5 – 17 years old:

Accumulate 60 minutes or more of moderate to vigorous physical activity a day
plus
several hours of a variety of light physical activities.

Physical activity recommendations for adults:

Accumulate 150 to 300 minutes of moderate intensity physical activity each week

Why?



Boosts mood



Improves cognitive functioning



Improves sleep



Helps to feel calmer



Increases fitness



Increases self-esteem





PHYSICAL ACTIVITY WHEN LEARNING AND TEACHING FROM HOME

RESOURCES TO HELP GET STUDENTS AND TEACHERS PHYSICALLY ACTIVE



PHYSICAL ACTIVITY RESOURCES WITH LIMITED OR NO TECHNOLOGY

[Darebee](#) has access to posters of full body home workouts that can be printed in multiple languages for students and teachers.

Keeping Kids In Motion - Challenges such as [Build a better push up](#), [Design a backyard obstacle course](#) and [The colour dash fitness board games](#) for primary students.

[Live Outside the Box](#) is a weekly challenge for upper primary to increase physical activity and decrease screen time.

NSW Institute of Sport [15 minute daily flexibility routines for working at home](#) posters for senior secondary students and teachers.

[Tools for creating an active home](#) provide games and calendars for families to use to make their home active for primary and lower secondary.

Incidental activity and games including gardening, cleaning, break routines (sit ups, push ups, star jumps) driveway cricket, skipping, handball, hopscotch, obstacle courses, relays, wall tennis/wallball, step challenges.



PHYSICAL ACTIVITY RESOURCES REQUIRING TECHNOLOGY

[Cosmic Kids](#) is yoga and stories for lower primary.

[GoNoodle](#) movement and mindfulness videos created by child development experts for everyone.

[Just Dance](#) A collection of songs each with their own dance choreographies which primary and lower secondary students can mirror.

[Les Mills On Demand](#) provides 20 or 40 minute dance, martial arts and yoga classes for primary and secondary students.

[PE with Joe](#) provides daily workouts for students in upper primary and secondary.

[Popsugar Fitness](#) offers fitness tutorials, workouts and exercises for senior secondary students and teachers.

[Power Up Kids TV](#) provides online workout sessions for primary school students.

[Seven - 7-minute Workout](#) for secondary students and teachers to work out at home without any equipment.

[Yoga with Adriene](#) a library of free yoga videos for upper secondary students and teachers of all levels of abilities.