





Durham & Chester-le-Street School Sport Partnership
Working in collaboration with Durham Sixth Form Centre

Website Links to Fitness Activities

	<p>KIDDO – Improve your Move https://kiddo.edu.au/</p> <p>**FREE PHYS ED AT HOME RESOURCES**</p> <p>Help 3-8 year olds continue to develop FMS and confidence to be active in any setting.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Weekly challenges <input checked="" type="checkbox"/> Videos <input checked="" type="checkbox"/> At home family activities <input checked="" type="checkbox"/> Activities being added daily <p>✿ Register free: https://kiddo.edu.au/user/register</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Couch to 5K</p> <p>https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p> <p>Couch to 5k is a nine-week programme of podcasts that does exactly what it says on the tin - taking you from the couch to running 5kms.</p> <p>Consisting of three runs a week, the programme gradually builds up intensity and gives you a choice of coaches - from the NHS's Laura, to multiple Olympic champion Michael Johnson.</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Jump Rope UK</p> <p>https://www.jumpruk.com/at-home-resources/</p> <p>During this difficult time of isolation, Jump Rope UK are offering free workout plans and tricks for all ages and abilities, we are hoping to upload a new trick/plan every two to three days to keep you active and having fun as a family!</p>	<p>Platform = Website</p> <p>Cost = Free</p>