

Useful Websites to Support Physical Education at Home for students with Special Educational Needs

Physical Activity is very important for the health and wellbeing of our children and young adults. It is a challenging time for teachers supporting families in catering for the physical educational need of their children at their homes.

There are many resources that may be useful, some that have been developed since our schools of closed. For example, Joe Wick's YouTube channel, *The Body Coach TV*, is hosting *PE with Joe* live every weekday morning at 9am.

Although this example will not be suitable for all students, below is a list compiled to include a variety of websites that may be useful for you as you prepare resources.

Source Website How this might help? PMLD Curriculum, Frederick Holmes School, UK

<https://www.frederickholmes.hul1.sch.uk/wp-content/uploads/2017/01/FHS-Curriculum-Guidance-for-pupils-with-PMLD.pdf>

School Curriculum for children with Profound and Multiple learning Disabilities. Section 5 refers to physical education.

PMLD Curriculum, Three Ways School

http://www.threeways.co.uk/_uploads/documents/Draft_4_ThreeWaysPMLD_Curric.pdf

School Curriculum for children with Profound and Multiple learning Disabilities. Programme of Learning – Physical Skills – page 27.

HSE Get Ireland Active <https://www.getirelandactive.ie/>

[Professionals/Education-/Primary/Resources/HSE-Get-Active-in-the-Classroom-.pdf](https://www.getirelandactive.ie/Professionals/Education-/Primary/Resources/HSE-Get-Active-in-the-Classroom-.pdf)

HSE document promoting physical activity in Ireland. Links activities with Fundamental Movement Skills (FMS)

Body Awareness Activities <https://planningplaytime.com/pr-eschool-songs-body-parts>

Body Awareness helps us know our own body parts and how they can move. These are activities that can help children learn about and move their body through the use of songs.

YouTube Action Songs Examples:

The Singing Walrus, Action Song: <https://www.youtube.com/watch?v=dUXk8Nc5qQ8>

The Learning Station, Shake Your Sillies Out: https://www.youtube.com/watch?v=NwT5oX_mqS0

The Kiboomers Kids Music Channel, Freeze Dance:

There are many YouTube channels that provide engaging actions songs for students to follow along to. The ones provided are examples but many more can be found on the website/app

<https://www.youtube.com/watch?v=2UcZWXvgMZE> HSE Resource Pack for Older Children

<https://www.hse.ie/eng/services/>

This is a resource pack put [list/1/lho/cavanmonaghan/thera](https://www.hse.ie/eng/services/older-child-resource-pack.pdf)

together by Cavan and Monaghan [py-services/older-child-resource-pack.pdf](https://www.hse.ie/eng/services/older-child-resource-pack.pdf)

Children's Occupational Therapy [pack.pdf](https://www.hse.ie/eng/services/older-child-resource-pack.pdf)
School Age Team. It gives a lot of information that may be useful for parents on topics such as fine and gross motor skills and organisational skills.

PDST <https://www.pdst.ie/Physical-Education-Main>

PDST Resources including PSSI lessons, planning resources and strand-based resources.
Scoilnet Physical Literacy Resources

<https://www.scoilnet.ie/pdst/phy>

PDST Fundamental Movement [slit/fms-activities/](#)

Skills information and videos.

Indoor Games <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

This website has indoor games for children at home which can be linked to the curriculum and may be a useful resource for parents.

Cosmic Kids Yoga https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ

YouTube channel with yoga activities for children.

Brain Break Cards https://www.123homeschool4me.com/free-brain-breaks-cards_3

Printable cards with animal actions on them. Movement Break Activities
<https://standupkids.org/movement-break/>

[nt-break/](#)

Website with movement breaks for children including videos demonstrations. Physical Activity
for people with Autism

[https://www.autism.org.uk/professionals/training-](https://www.autism.org.uk/professionals/training-consultancy/courses/sports.aspx)

Booklet filled with practical [consultancy/courses/sports.aspx](#)
strategies to implement in your delivery of sport and physical activity when working with autistic people .