



Malorees Junior School

An ambitious, THRIVING school where every child can become a confident, caring, lifelong learner.
maloreesschools.com malorees.j2webby.com

Learning Library – PE and Sport

Staying active is always an important lesson. It's even more important when you're stuck at home - and it's fun too. That's why Mr Cleary has collected these suggestions to keep all of us healthy and happy while we're away from school.

Passport To Fitness

All children at Malorees Junior School should already be familiar with our 'Passport To Fitness' scheme. You'll find a link to all of its activities in the Learning Library, or on [this link](#).

Movement Breaks

While you are learning, you should take regular movement breaks. Most of our classes already enjoy using [GoNoodle](#) or [BBC SuperMovers](#). 4M also like to get advice on self-regulation from Sesame's Street's [Cookie Monster](#).

Other resources

The **Youth Sport Trust** have a set of plans and activities for families exercising at home, [via this link](#).

The **Premier League's Primary Stars** programme has [football-related activities](#) across the curriculum, as well as in fitness.

You can also get free activity and workout plans for families from **imoves**. Sign up with your email address by [clicking this link](#).

The **Young Champions** scheme offers its own resources [on their website](#).

New resources are becoming available every day. We will update this list as often as we can.

Malorees Junior School accepts no responsibility for external websites. Please check any content you want your children to use in advance, to ensure that it is appropriate for child's age. Some of these sites will feature advertising. For online safety advice you can trust click on [this link from ThinkUKnow](#).