

Free online resources for younger children

There are lots of free online resources to help support your child's learning at any time of the day. Here are just a few of our favourite ones.



9am: PE lessons with Joe Wicks

Join millions of children across the UK who are starting their mornings with some exercise as the Body Coach Joe Wicks gives children a fun, free PE lesson.

Youtube: www.youtube.com/user/thebodycoach1



10am: Friday family challenge

A weekly challenge for all the family set by the Premier League. This week's was a poetry challenge hosted by children's author Cressida Cowell. What will it be next?

Twitter: [@PremierLeagueCommunities](https://twitter.com/PremierLeagueCommunities)



11am: For the very little ones

The BBC's Tiny Happy People website has loads of age appropriate activities for the under 5's as well as advice from professionals and interesting facts.

Website: www.bbc.co.uk/tiny-happy-people



Midday: Love food, hate waste

Lunchtime can be used for learning about food waste and the key ways to reduce waste at home. Love Food, Hate Waste have nine lessons accompanying PowerPoints and posters that cover a broad range of themes from World War 2 rationing, recipes in different countries, to a storage song and portioning poem.

Website: www.lovefoodhatewaste.com/article/are-you-teacher-looking-inspiration



1pm: My mini maths

Endless home learning packs ready to download that allow parents to support learning through easy to work maths tasks. Online videos to accompany material too.

Website: myminimaths.co.uk



2pm: Reading quiet hour

Lovemybooks brings together brilliant books with creative reading activities specially designed to engage and excite young children's interest.

Website: www.lovemybooks.co.uk



3pm: Family dance blast

Wigle Dance is posting feel good dance classes every day for the whole family. Their channels also upload online tutorials from groups and extra stretch classes.

Facebook: www.facebook.com/groups/wigleathome