Online Resources for information about how to be active, skills for each sport and how to develop them.

<https://www.twinkl.co.uk/>

<http://www.thinkactive.org/wethinkactive/kids-active-learning/a-z-challenge/>

[Youth Sport Trust :](https://www.afpe.org.uk/physical-education/free-afpe-webinar-how-to-shift-from-surviving-to-thriving/)https://www.youthsporttrust.org/

Sport England : [https://www.sportengland.org](https://www.sportengland.org/stayinworkout)

Think Active: [http://www.thinkactive.org/wethinkactive](http://www.thinkactive.org/wethinkactive/)

Change4Life: <https://www.nhs.uk/change4life/activities>

Physical activity guidelines for children and young people: - 60 minutes active
<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

SportsAbility [www.topsportsability.co.uk](http://www.topsportsability.co.uk/)

School Games <https://www.yourschoolgames.com/taking-part/our-sports/>