



Inclusion 2020

Supporting all children being active at home.



Dorset Virtual School Games.

Introducing a whole new way for children to take part in virtual competition. Activity is adapted, **EVERYONE** can take part contact SGOs directly.

Get Set Paralympic Programme.

A series of fun resources from activity ideas to mascot design. All thought through engaging children to be active.



Tops Sportsability.

A host of activity ideas broken down for different ability groups. Supported by films and instructions. Joining code YSTINCLUSION13

Adaptive Yoga with Wheelpower.

A safe effective way to improve both physical and mental health. You are guided Through gentle warm ups and main activity. Why not try it together.



Activity Alliance.

Top ways to adapt activity at home using a series of films and resources. The STEP tool is used to create fun activity.



Click each logo to visit resources.





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Special Olympics- School of Strength.

Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you.

Sensory Circuit from Ian Mills.

Designed to work on the fundamentals of physical movement using sensory Activities at home which anyone can do.



Parasport.

Parasport have produced home work out routines which are designed for disabled people there is a series with films supporting them.

#This is PE

Each #ThisisPE secondary PE activity comes with a downloadable learning card.



Boccia Englands Rainbow Cup.

Four different Boccia activities that can played at home by anyone anywhere. Activities are backdated to include 4 weeks of activity.

