

Links and resources to support you and your child at home (PD)

The SENSS PD Team have collated the below list of online links and resources to help support your child at home.

Please note that parents and pupils should always check that any new activities are broadly in line with their physio and OT programmes.

If you need to get in touch with your HRCH Paediatric Services, the contact number is: 0208 973 3480

Online gross motor websites / apps – motor delays

- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> - Joe Wicks - The Body Coach TV – PE with Joe.
- www.jumpstartjonny.co.uk – fun workouts
- www.nhs.uk/change4life/activities – NHS online resource
- www.cosmickids.com - yoga and mindfulness adventures
- <https://youtu.be/U0ABu90Bivc>- Teens yoga class
- https://youtu.be/aJzj_b7G7i8- Kids yoga class
- <https://youtu.be/g13nVd7OLYs>- 30 minutes beginners yoga
- <https://youtu.be/6Ekep9GqvaM>- yoga for beginners- teens
- www.gonoodle.com – movement and mindfulness videos



Gross motor ideas

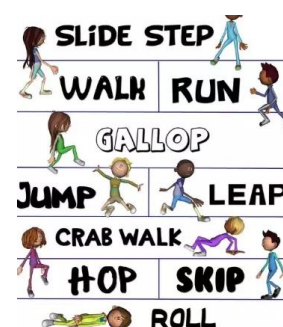
Activities that can help to improve balance and core stability.

- Dance sequences such as: Macarena; Baby Shark; Hokey-Cokey; Head, shoulders, knees and toes; Bollywood Dancing.
- Make your own obstacle course at home with cushions and chairs etc
- Use a timer to see how long you can do an activity for – hops, star jumps, balance on one leg, squats, wall squats, bridge, plank, running on the spot.
- Hand clapping games, cats cradle, French skipping
- Target practice – throwing soft balls, rolled up socks, teddies etc into a box or bin. Can you do this in high kneeling or half kneeling positions?



Online gross motor websites / apps – Motor impairment

- <https://parasport.org.uk/>– Home workout with Kris #1 and 2- accessible home workout
- <https://www.wheelpower.org.uk/resources/wheelpower-workouts-for-young-people> - Suitable wheelchair workout for primary and secondary.
- [Wheelpower Adaptive Yoga](https://www.wheelpower.org.uk/resources/wheelpower-workouts-for-young-people) – yoga for wheelchair users
- <https://disabilitysportscoach.co.uk/dscathome/> - Active at Home – The Disability Sports Coach Home Activity Programme is accessible to people with varying levels mobility.



- <https://www.youtube.com/channel/UCitKWen44Tb0xEqGtwbVERA> - Get yourself active at home. These are accessible pre-recorded videos of seated activities that can be completed at home.
- <https://www.cpsport.org/resources/resources/health-and-wellbeing/> - Exercise factsheets with photographic illustrations. You can use a old t-shirt if you don't have a therapy band.

Physical and neurological impairment specific resources

- [Therapy Street for Kids](#) – occupational therapy activities for primary age
- [OT Mom Learning Activities](#) – occupational therapy activities for primary age- some resources are free
- [Ed Place](#) – games to improve fine motor skills for pre-school and primary age
- [Eye Can Learn](#) – visual perception activities for primary and secondary ages
- [Fun n Games](#) – ideas for games and toys that can be used to practice movements that children with hemiplegia find difficult

Typing program

- [Typing Club](#)
- [Doorway Online](#) – including single handed typing programme
- [BBC Bitesize Dance Mat](#) – typing activity for primary age



Coronavirus information for conditions and support

The following charities have specific information on the coronavirus:

- [Asthma UK](#)
- [Brain Injury Support](#)
- [Contact – For Families with Disabled Children](#)
- [Cystic Fibrosis Trust](#)
- [Epilepsy Action](#)
- [Macmillan](#)
- [Muscular Dystrophy](#)
- [Scope](#)
- [Young Epilepsy](#)
- [WellChild](#)



Mental health

- [Covid-19 - Guidance on supporting children and young people's mental health and wellbeing](#)
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- <https://youngminds.org.uk/> - For young people feeling worried or anxious about coronavirus or any other thing.
- <https://www.kooth.com/> - This is a helpline for young people
- <https://www.annafreud.org/coronavirus-support/> - Support on managing mental health and wellbeing during times of disruption to learning through Covid-19
- <https://www.bbc.co.uk/bitesize/support> - Top tips and videos to support wellbeing.

Internet safety

- <https://saferinternet.org.uk/>

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