

# PE and physical activity: secondary

## Seneca

**Website:** <https://app.senecalearning.com/courses?Price=Free&Age+Group=GCSE&Subject=Physical+Education>

**Key stages:** key stage 4

**Description:** digital revision materials focussing on the GCSE PE curriculum

**Registration:** not required

## #ThisIsPE

**Website:** <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

**Key stages:** key stage 3 and key stage 4

**Description:** videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

**Registration:** not required

# Mental wellbeing

This list of mental wellbeing resources has been collected and assured with support from our partners, the Anna Freud National Centre for Children and Families.

It is designed to provide guidance on how to support the wellbeing of children and young people being educated remotely.

Many organisations already working with schools will be able to provide remote support, and schools are encouraged to discuss what ongoing support might be available during this time.

## Mental wellbeing: secondary

### **BPS**

**Website:** <https://www.bps.org.uk/news-and-blogs>

**Key stages:** key stage 3 to key stage 5

**Description:** advice on dealing with school closures and talking to children about COVID-19.

**Registration:** not required

### **Children's Society**

**Website:** <https://www.childrensociety.org.uk/coronavirus-information-and-support>

**Key stages:** key stage 3 to key stage 5

**Description:** information and support on different aspects of mental health and wellbeing.

**Registration:** not required

## **MindEd**

**Website:** <https://www.minded.org.uk/>

**Key stages:** key stage 3 to key stage 5

**Description:** an educational resource for all adults on children and young people's mental health.

**Registration:** is required

## **Rise Above**

**Website:** <https://riseabove.org.uk/topic/my-mind/>

**Key stages:** key stage 3 to key stage 5

**Description:** videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

**Registration:** not required

## **The Child Bereavement Network**

**Website:** <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

**Key stages:** key stage 3 to key stage 5

**Description:** advice on supporting grieving children during the coronavirus outbreak.

**Registration:** not required