**Home Activity Videos**

**The University of Cumbria students were tasked with preparing a series of videos for people to use at home or in the garden. They had 3 themes:**

1. *Change4life- Physical Activity/health/fun-based sessions*
2. *StreetGames- Physical Activity/Street style sports session*
3. *Sport- Adapted recognised sport-based sessions, eg; Golf, Football, etc…*
4. *Tutor Games!*

**We also have many videos and activities at our website-** [**www.lhssn.co.uk**](http://www.lhssn.co.uk) **and our Facebook and Twitter feeds- @LHschoolsport for you try!**

**Change4life**

<https://www.youtube.com/watch?v=qvWAp7Bm_Ig&feature=youtu.be> (Activity)

[https://youtu.be/i-8pzzF04R0](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2Fi-8pzzF04R0&data=01%7C01%7Cmark.christie%40cumbria.ac.uk%7C2dacefe39b1144c8eb9208d7d751f656%7Cb627db1d99584fd18ea48ac3b27cf00f%7C0&sdata=sjL08sSR7HYLZ%2BQWlQKa1EcCIQmFwACBegacgyGHBNI%3D&reserved=0) (Yoga)

<https://www.youtube.com/watch?v=EbKvJmRK6SI> (Activity)

<https://www.youtube.com/watch?v=TVU4qAg0Nzw> (Bounceball Activity)

<https://www.youtube.com/watch?v=hhB_d7bEv8w> (Creative Yoga)

**StreetGames**

<https://youtu.be/wTvRZIsYao0> (Basketball)

[https://youtu.be/kGrffvdVnJY](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FkGrffvdVnJY&data=01%7C01%7Cmark.christie%40cumbria.ac.uk%7C2f2b32234f1c40e865c108d7d74b1050%7Cb627db1d99584fd18ea48ac3b27cf00f%7C0&sdata=Yn3rsTp2enqbHuI96YthKuGdY%2B4UjYxqPGxdV6AZUQE%3D&reserved=0) (Indoor Olympics- challenges)

[https://youtu.be/9Xl7F71iZ4k](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F9Xl7F71iZ4k&data=01%7C01%7Cmark.christie%40cumbria.ac.uk%7Cdbc50056ad9f4d30786608d7d73bb12c%7Cb627db1d99584fd18ea48ac3b27cf00f%7C0&sdata=FSToSJTcS1x%2BeVRguP93Te2KOLIvNDprlMOcTUPpzyc%3D&reserved=0) (Kickboxing)

[https://youtu.be/-SabhR0QKQU](https://youtu.be/-SabhR0QKQU%20%20%28Karate%29) (Karate)

<https://www.youtube.com/watch?v=CECrWxgRwEo> (Football)

**Sport**

<https://www.youtube.com/watch?v=ErBRaXW4LkU&feature=youtu.be> (Football)

<https://www.youtube.com/watch?v=wOr03F41nTQ> (Football)

<https://www.youtube.com/watch?v=LKHULIgMv0E&t=10s> (Gymnastics)

<https://www.youtube.com/watch?v=Td9pd2QfEN8> (Dance)

**Tutor Games!**

<https://www.youtube.com/watch?v=aa9c2DY4MLU> (Activity- fitness)

<https://www.youtube.com/watch?v=Gc0f0q82wFY> (Activity- challenge)

<https://www.youtube.com/watch?v=7tc6Q8neJpM&feature=youtu.be> (Bug Hunt)