

Activities at Home



William Hulme's Grammar School
The best in everyone™
Part of United Learning

School Games

www.yourschoolgames.com/coronavirus-support/

Here, you'll find a number of supporting resources and other opportunities to enable you to stay active!

Manchester Schools PE Association

www.manchesterschoolspe.co.uk

Cricket

www.jtca.co.uk/tutorials/

Cricket – Apple Apps (Cricket Coach Free). It can record video up to 240 frame per second on the iPhone 6. Using Cricket Coach Free, every coach can provide immediate visual feedback to players during training sessions.

Basketball (Free until the end of April) - Home Court App
Skill Work: Dribbling/Passing / Shooting



Instagram: SAQ (Speed / Agility) Parisisspeedvb
Lots of little fun SAQ ideas that you can do at home

Instagram: Paul Cantwell Basketball Mini Home Drills / Series

Fitness Blender

www.fitnessblender.com/

Her Spirit (Women Only)

<https://herspirit.co.uk/>

Les Mills (Free Trial until April)

https://signup.lesmillsdemand.com/friendsandfamily/?utm_medium=digital&utm_source=sportengland&utm_campaign=sport-england

Joe Wicks

www.youtube.com/watch?v=sX05HHni9Wk

Sweaty Betty – Dance / Yoga

www.sweatybetty.com/workout-videos.html

PopSugar Work Outs

www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg?reload=9

NHS Work Outs

www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/

Nike Training Club

www.nike.com/gb/ntc-app