

PE/exercise resources

The Body Coach – Kids Workouts – JUST ANNOUNCED PE LESSONS LIVE EVERYDAY 9AM STARTING MONDAY

<https://www.youtube.com/user/thebodycoach1/playlists>

Great for all ages but aimed primarily at Key Stage 1

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Yoga, mindfulness and relaxation designed especially for kids aged 3+. There is also an app that can be downloaded – they've just announced a 14 day free trial but you do have to cancel before the trial is up to ensure you don't get charged (<https://www.cosmickids.com/>)

Go Noodle Families

<https://family.gonoodle.com/>

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

BBC Super Movers

<https://www.bbc.co.uk/teach/supermovers>

Fun curriculum linked resources to get your class moving while they learn

Just Dance

<https://www.youtube.com/user/justdancegame>

Gather your family and Just Dance like nobody's watching with Just Dance® 2020!

Change 4 Life - 10 Minute Shake Up games

<https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=toy-story#shakeups-hub>

Change4Life and Disney have teamed up again to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

Change 4 Life - Indoor activities for kids

<https://www.nhs.uk/change4life/activities/indoor-activities>

Easy ways for kids to keep active.

Change 4 Life – Train Like a Jedi

https://www.youtube.com/watch?v=1H_BYJSsdSM

Through this fun Train Like A Jedi video, Olympic gold medalist Jade Jones will guide you through 12 special moves which will help you master the ways of the Jedi. Be strong, healthy and prepared for when the Resistance might need you.