

Useful Websites for PE/Fitness Activities to do whilst at home:

Please have a look at some of these websites that have lots of ideas of activities children can do whilst at home.

- BBC Supermovers- <https://www.bbc.co.uk/teach/supermovers>
- Change4life Indoor Activities- <https://www.nhs.uk/change4life/activities/indoor-activities>
- Change4life 10 minute wake up shake up ideas- <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Cosmic Kids Yoga (2 week free trial) <https://www.cosmickids.com/>
- Cosmic Kids Yoga YouTube channel (free)- <https://www.youtube.com/user/CosmicKidsYoga>
- This Girl Can Disney Dance workouts- <https://www.thisgirlcan.co.uk/activities/disney-workouts/>
- Go Noodle- <https://www.gonoodle.com/>
- This is PE: https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL
- Beth Tweddle Gymnastics (Free Resources. Need to complete form) <https://www.bethtweddlegymnastics.co.uk/national-curriculum>
- Primary PE Resources-<http://www.primaryresources.co.uk/>
- Kidz Bop Dance along-<https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNUO>
- Moovlee-https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg