

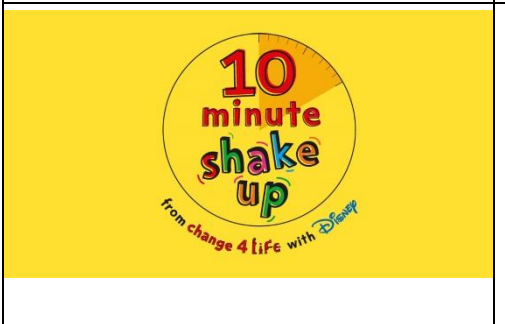
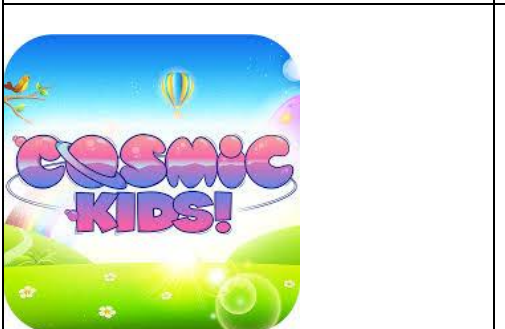
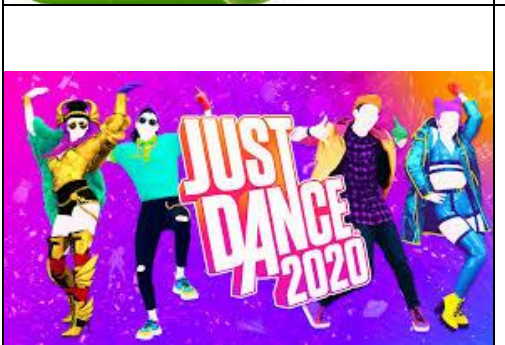







Physical Activities

	<p>GoNoodle https://www.gonoodle.com/for-families/ Free to use Videos for all ages to dance along to.</p>
	<p>Supermovers https://www.bbc.co.uk/teach/supermovers Free to use Covers topics within the curriculum through active learning. Videos for both KS1 and KS2</p>
	<p>NHS 10 minute shake ups https://www.nhs.uk/10-minute-shake-up/shake-ups Free to use Various 10 minute activities that relate to Disney</p>
	<p>Cosmic Yoga https://www.cosmickids.com/ Free to use Watch episodes Various yoga episodes ranging from 1 -30 minutes More suitable for KS1 and Lower KS2</p>
	<p>Just Dance on YouTube https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg Free to use Various videos with current songs that can follow along to</p>

	<p>Joe Wicks Workouts https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ</p> <p>Free to use Includes school workouts and gym workouts ranging from 5 minutes to HIIT sessions</p>
	<p>IMoves https://imoves.com/imovement-signup Free Content Signup required using name and email. Resources emailed to your inbox daily.</p>
	<p>The PE Hub https://thepehub.co.uk/ Free content – will be uploading activities over the next week for all ages.</p>
	<p>The PE Shed https://www.thepeshed.com/ Free Content Has lots of useful games and ideas that can be played that are not fitness based</p>
	<p>Get Set to Eat Fresh https://www.getseteatfresh.co.uk/ Free content – home tab offers cooking and physical activities</p>

Activities not needing the computer:

- Daily Mile: Complete a mile in your garden or local park
- Create a fitness workout
- Create a dance
- Balloon volleyball: Using a balloon and a make shift net
- Target practice: Create a small ball, if you do not have one and make a target to either roll, bounce or throw the ball through or at.
- Create a game/new activity for your sport: Find a safe space, use safe equipment, work out how many people can play the game, select the rules and play the game
- Go to the park
- Go for a bike ride