

Move while you learn supporting English and Maths

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

Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Yoga for children

<https://cosmickids.com/>

Boogie Beebies – Dancing for Early years

<https://www.bbc.co.uk/programmes/b006mvsc>

10 minute shake up based on Disney films

<https://www.nhs.uk/10-minute-shake-up/shake-ups> <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Just dance 2021

<https://www.youtube.com/watch?v=bl7QZHvzva-E&t=11s>

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

Daily Mile walk/run

<https://thedailymile.co.uk/parents-and-carers/>

Table Tennis - practice at home

<https://www.ttkidz.co.uk/play-at-home/>

Try the challenges we did for our school competition

<https://www.ttkidz.co.uk/tt-kidz-virtual-schools-championship-challenges/>