

PE Activities

It is important that you keep exercising whilst inside.

In the foundation subjects plan there were some links to get you started.

Joe Wicks is updating his kid's workouts daily for children to complete, which can be found here: <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

Yoga is useful for both exercise and releasing stress. Cosmic Kids Yoga has lots of different yoga videos for children to try, which can be found here:

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

Go Noodle also have lots of mindfulness and exercise videos for children, including some very funky dances they can copy and enjoy! You can find more here:

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

They are also available on YouTube, but please search this and then enter it to <https://safeyoutube.net/> to avoid children seeing inappropriate advertisements.

Laps around the garden or a game of catch at a safe distance of 2 metres at all times from others are great exercises. Getting children to try this each day under a 'timer' then recording it and seeing if they can beat their time record is a great running motivation for them.

Enjoy!