

Joe Wicks

Joe Wicks will be restarting his 'PE with Joe' as of Monday 11th January.

<https://www.youtube.com/c/TheBodyCoachTV/videos>

BBC Supermovers – Times Tables

A firm favourite in Class 4! Why not put on some of these and sing and dance along.

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

Cosmic Yoga

This half term we were going to be taking part in some yoga on a Thursday afternoon. Have a look at some of the 'Cosmic Yoga' sessions on YouTube – especially for children.

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

Disney 10 minute shakeups

10 minute activities based on Disney films.

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

Class 4 Lockdown Learning PE Lesson Ideas

#ThisIsPE

Videos delivered by PE teachers with ideas for PE activities at home.

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

NHS – Change 4 Life

This website shares a number of links and ideas for activities to do at home.

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

Active Kids

Many ideas for fun activities for the family to do together.

<https://www.activekidsdobetter.co.uk/active-home>