



Downside in Action



Below is a list of useful websites that you can use:

Copy and paste the links and get moving!

<ul style="list-style-type: none">• Joe Wicks - https://youtu.be/Rz0go1pTda8
<ul style="list-style-type: none">• 20 Online – https://www.youtube.com/watch?v=BpyLfr_zmg&list=PLNiE-zq9s4gPUoq-tC5DplbceLL4v2EA 20 Minute workouts with PE coach. Key Stage 1 and 2. Workouts in playlist.
<ul style="list-style-type: none">• Cosmic Kids Yoga – https://www.youtube.com/user/CosmicKidsYoga/playlists?disable_polymer=1 Kids Yoga for all ages. 8 minutes to an hour. Over 100 themed videos. – App also available.
<ul style="list-style-type: none">• BBC Super Movers – https://www.bbc.co.uk/teach/super movers Interactive videos for Key Stage 1 and 2 children. – Links with other subjects
<ul style="list-style-type: none">• Go Noodle – https://www.gonoodle.com/ Child friendly videos to encourage movement with certificates when completed. All ages. App also available.
<ul style="list-style-type: none">• Smiling Minds – www.smilingmind.com.au/ Short audio sessions to help with mindfulness. App also available.
<ul style="list-style-type: none">• Premier League Stars – https://plprimarystars.com/resources?filter%5Bsubject%5D%5B%5D=PE&viewSample=SamplePack Activities and games for all children.
<ul style="list-style-type: none">• Active Kids Do Better – https://www.activekidsdobetter.co.uk/ Videos, games and activities to encourage movement. Key Stage 1 and 2.
<ul style="list-style-type: none">• Jump Start Jonny – https://www.youtube.com/channel/UC8PDFwCV0HHcl08-1SzdiBw Series of videos for Key Stage 1 and 2. 10- 20 minutes long.