P.E Links

[www.nhs.uk/10-minute-shake-up](https://www.nhs.uk/10-minute-shake-up/shake-ups#mGZURflEKyA8ZigA.97).

GoNoodle (free registration required)

www.gonoodle.com

Primary School PE - Social Distance Training

<https://www.youtube.com/watch?v=7zmXd3MrHmY&feature=youtu.be&fbclid=IwAR007kDrJYNK8HAR_0bAlnJNqqZXZ66NxfV1WWgLCD6axZ2MuPIRzV2KSj0>

Cosmic Kids Yoga

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

The Body Coach TV

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Moovlee

<https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg/featured>

# [KIDZ BOP Dance Along Videos](https://www.youtube.com/watch?v=YQ4o_T6FzY8&list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0)

# <https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0>

Firefighter Fit Kids

<https://www.youtube.com/channel/UC3YSl9dKBoZuyh-65zxb2CQ/videos?fbclid=IwAR2HKR-gfEpqAePP-Q-TCeNqT-rP-TrEXVenzsABPMhp97VCOROGZITu21M&app=desktop>

# Would You Rather 9 Roblox Fitness - PE distance learning (selection of videos)

# <https://www.youtube.com/watch?v=wCJY2wkktk8&fbclid=IwAR2MX0huU_i-WFBtQ3U5OuOHycgiCJ0YW8NhZpNzIDOwYerjlwsyQl57qss&app=desktop>

5 A Day Fitness (free trial available)

<https://5-a-day.tv/>

# Boxing For Beginners

<https://www.youtube.com/watch?v=4I9WBNPbtsU>

# Unlock your phone PE challenge - Reception

<https://www.youtube.com/watch?v=oidBzXf5Qw4&t=8s&fbclid=IwAR0l8qe9F2lOBkYZW6pB0YvZcSmvUGjEjVFm6vYN4Oyly7CvA69G8Z4szNA&app=desktop#searching>

# The Fortnite Dance Workout

<https://www.youtube.com/watch?v=MnpxQr3KXNw&t=13s&fbclid=IwAR0bpqtUs9-cKvirAz80XWUyZL8Lh8oqw9c1bWzbxjxnPWJVMCtvZKe1VRM&app=desktop>

# 'AVENGERS' KIDS TABATA WORKOUT

<https://www.youtube.com/watch?v=jyWyBern6q4>

# ZUMBA KIDS

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

# My Gym Kick-Time Karate for Kids

<https://www.youtube.com/watch?v=jhbd5y_gIhg>

# 34 Minutes of KIDZ BOP Dance Along Videos

<https://www.youtube.com/watch?v=sHd2s_saYsQ>