

PE

It's so important for every child to exercise regularly - it's good for their physical health and their emotional health, and will help them to burn off some energy during lockdown!

The different websites listed below allow your child to choose the activities that they are interested in, and gives them some variety.

Please could your child complete at least two activities a week, for at least 30 minutes each time. Please take photos and send them to us via Class Dojo.

Activity	Website
Dance	Just Dance Gameplay - YouTube KIDZ BOP Dance Along Videos - YouTube
Yoga	Cosmic Kids Yoga - YouTube
High Intensity Interval Training	Kids Workouts To Do At Home - YouTube Kids HIIT Workout 2 - YouTube
Football skills	Soccer Drills You Can Do Inside Soccer Indoor Training Drills - Quick Feet Drills Soccer - YouTube
Karate	Karate for Kids Lesson 1 Ninja Life: Kids Edition! - YouTube