

PE at Home



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So far, you've all done brilliantly sticking to the daily Joe Wicks PE lessons.

On the following slides, there are a number of different links that will take you to other PE lessons that you could try at home.

As usual, make sure you complete your PE lesson in a safe space where an adult can see you. If the weather is nice, perhaps you could complete your lesson outside!

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- Joe Wicks: Subscribe to The Body Coach TV and follow 'My 9am daily workouts'.
https://www.youtube.com/results?search_query=P.E.+with+Joe
- Cosmic Kids Yoga: Subscribe to Cosmic Kids Yoga and have a go at some of the yoga workouts to relax and practice some mindfulness.
<https://www.youtube.com/user/CosmicKidsYoga>
- Get Kids Moving: Subscribe to Get Kids Moving and have a go at the themed workouts, where you get to act as your favourite superhero or film character. <https://www.youtube.com/user/Glennhigginsfitness>
- GoNoodle Get Moving: Subscribe to GoNoodle Get Moving for quick exercise videos where you will be dancing, stretching, running, jumping, deep breathing and wiggling.
<https://www.youtube.com/user/GoNoodleGames/featured>
- Kidz Bop: Subscribe to Kidz Bop if you want to exercise through dance.
<https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg>