Physical Education

There are a number of resources available for us to share with you for this period where the school is closed to children, and we hope that you can find something that is appropriate for you and your family for any time that you are confined to your homes.

Cosmic Kids – has short (from 5 minute) videos to help with mindfulness and yoga.

<https://www.cosmickids.com/category/watch/>

Joe Wicks – a fitness coach – has a YouTube channel with 5-minute exercise routines.

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBuxu3sLztrvWFehzv-LnR2c>

BBC Super Movers – and the BBC has some great resources you can access with ideas and videos to support being active whilst at home.

<https://www.bbc.co.uk/teach/supermovers>