PE Activities

1. **CHANGE 4 LIFE**

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/change4life/recipes>

1. **JUST DANCE**

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

1. **SUPERMOVERS**

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

1. **JOE WICKS (THE BODY COACH)**

<https://www.youtube.com/user/thebodycoach1>

1. **COSMIC KIDS YOGA**

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

1. **MARATHON KIDS**

<https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view_as=subscriber>

1. **PREMIER LEAGUE PRIMARY**

<https://plprimarystars.com/resources/football-fun-activity-pack?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1>

<https://plprimarystars.com/for-families/play-game?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1>

1. **SPORT ENGLAND**

<https://www.sportengland.org/news/how-stay-active-while-youre-home> <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

1. **NHS LIVING WELL**

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>