Here are a list of recommended links which can be followed (all are free of charge);

**Change4life Activities for Children**

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

**Cosmic Kids Yoga – Youtube**

<https://www.youtube.com/results?search_query=cosmic+yoga>+

**Joe Wicks Kids Workouts – Youtube**

HIIT (High Intensity Interval Training) sessions for children  (5min videos can be done in a small space), Kids Workout – The Body Coach TV. Every morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel

<https://www.youtube.com/results?search_query=joe+wicks+kids+workout>

**Twinkl.co.uk**

An online site for resources of every aspect of the curriculum. They have made many of them free for parents at this time. They have also teamed up with Joe wicks to make ks1 and ks2 resource cards for physical activity. Really worth a look.

**Go Noodle**

www.gonoodle.com

Free to sign up for families and educators

**BBC SuperMovers**

https://www.bbc.co.uk/teach/supermovers/super-movers-day/zbmnnrd

**Cosmic Kids Yoga – Youtube**

https://www.youtube.com/results?search\_query=cosmic+yoga+

**Imovement** : To sign up, all you need to do is use the link join.theimovement.com  its free to join just click on the link or follow on twitter @imovesactive The imovement is separate to their paid for imoves and will be 100% free.

**Chance to Shine** –

Weekly Cricket activities free of charge. Sign up to the FREE Chance to Shine Portal for more cricket activities to do at home. Use this link : [**bit.ly/CTSparents**](https://mail.gbhs.co.uk/owa/cssp%40gbhs.co.uk/redir.aspx?C=TJkoBeFY2qwPoilS9-WkA9Gu0MpDivs76qub5GHm2bsBptQ0POXXCA..&URL=https%3a%2f%2fchancetoshine.us15.list-manage.com%2ftrack%2fclick%3fu%3d0630d492721078ed856384dee%26id%3d7c6a91e442%26e%3de6cda95d94).

**The Active Essex website**

For ideas for physical activities at home: [www.activeessex.org](https://mail.gbhs.co.uk/owa/cssp%40gbhs.co.uk/redir.aspx?C=khhYyr5TTjuCpTerXXDxuqvYvc5MSAk4VKz1hKhCGFrIMvnuP-XXCA..&URL=http%3a%2f%2fwww.activeessex.org)
They have some instructors, colleagues and friends of Active Essex doing free LIVE workouts and activities on Active Essex YouTube, feel free to join... [https://www.youtube.com/channel/UC6884snA6rAX34ohUayf7gA](https://mail.gbhs.co.uk/owa/cssp%40gbhs.co.uk/redir.aspx?C=W-yKR_cm5sd1hOZqc-RyIT08m_dgD2BCEyjqsK3bqczIMvnuP-XXCA..&URL=https%3a%2f%2fwww.youtube.com%2fchannel%2fUC6884snA6rAX34ohUayf7gA)

**Youth Sport Trust** <https://www.youthsporttrust.org/pe-home-learning>

They have a range of activity cards for you to try and you can download them. There are also video guides for each card. Find a daily activity by following them on Twitter @YouthSportTrust

**BBC Bitsize** <https://www.bbc.co.uk/bitesize>

You will find Daily Lessons here. Bringing three new lessons everyday. You will find lessons and video clips, activites and more in all different subjects including PE.

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