



FREE PE / Exercise resources to help keep your children active!

- 1) Joe Wicks the Body Coach – join him every morning for a kids workout at 9am
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- 2) YST Home Learning Resources <https://www.youthsporttrust.org/free-home-learning-resources-0>
- 3) YST School Games Personal Challenges <https://www.youthsporttrust.org/school-games-personal-challenge>
- 4) BBC Super Movers resources for KS1 and 2 <https://www.bbc.co.uk/teach/supermovers>
- 5) Premier League Primary Stars - Resources for all subjects
<https://plprimarystars.com/resources>
- 6) Get Set Tokyo – activities based on the Tokyo Olympics
<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>
- 7) Funetics activity videos from England Athletics <https://funetics.co.uk/for-parents/funetics-activity-videos/>
- 8) Go Noodle – the popular free movement videos used by over 14 million children
<https://www.gonoodle.com>
- 9) Chance to Shine – excellent portal of free school cricket resources from the ECB
<https://www.chancetoshine.org/teaching-resources>
- 10) Indoor activities from Change4Life NHS <https://www.nhs.uk/change4life/activities/indoor-activities>

If you can recommend any more resources to add to this list please email me at alan.grantham@caistorgrammar.com



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