

## Good YouTube videos to keep active at home.

Please ensure you have parental filters on your device if using YouTube.

### General Physical Activity

Search

PE with Joe Wicks

Or use the link

[https://www.youtube.com/watch?v=6v-a\\_dpwhro](https://www.youtube.com/watch?v=6v-a_dpwhro)

Search

PE with Joe Wicks

Or use the link

<https://www.youtube.com/watch?v=Rz0go1pTda8>

There will be more uploaded daily/weekly by Joe Wicks. We really recommend using his PE programme.

### Dance

Search

Kidz Bop dance along

Or use the link

[https://www.youtube.com/watch?v=sHd2s\\_saYsQ&t=558s](https://www.youtube.com/watch?v=sHd2s_saYsQ&t=558s)

### Yoga/ Mindfulness

Search

Kids yoga and mindfulness to STAY STRONG

Or use the link

<https://www.youtube.com/watch?v=9JI01thiHYI&t=2495s>

Search

Yoga Time! | Jungle Safari - Kids Yoga and Nursery Rhymes

Or use the link

<https://www.youtube.com/watch?v=C4CaR0syf1g>