

Resources to get children moving

BBC Super Movers Key stage 1 and Key stage 2 - Fun videos that link into Maths, English and other subjects

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

Premier League Premier Stars Families - Free online resources - account needed

<https://plprimarystars.com/for-families>

Joe Wicks - Daily PE session for all Key stages (Good for parents)

<https://www.youtube.com/watch?v=K6r99N3kXME>

IcoachKids - Free sessions for schools and parents

<https://www.icoachkids.eu/free-moocs-for-coaches-of-children.html>

Cosmic Kids Yoga - You tube channel used in school's (Good for parents)

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

POP SUGAR Fitness - Fun fitness with the whole family

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

Chatter Pack - Free online resource

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Soccercise - FA fun fitness skills - indoors and outdoors

<http://www.thefa.com/-/media/files/pdf/womens/soccercise-exercises.ashx?la=en>

https://youtu.be/Eq_LGTqIXgo

Kidz BOP - Used in schools

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

Provided by Newcastle United Foundation

