**PE websites for Active games and workouts**

**All the websites below have activities on them for all ages.**

**Try out a different one each day!**

1. **The body coach schools workout** – there are several videos on this channel suitable for children. Joe Wicks will be hosting a live schools workout daily at 9am Monday – Friday.

<https://youtu.be/K6r99N3kXME>

1. In addition to this The Body Coach has several schools workout videos, please follow the link below.

<https://www.bing.com/videos/search?q=the+body+coach+schools+workout&view=detail&mid=DA0826B17AA3565B36FBDA0826B17AA3565B36FB&FORM=VIRE>

1. **NHS Studio Exercise Videos**

<https://www.nhs.uk/conditions/nhs-fitness-studio/>.

1. **Family Fun Workout**

<https://www.youtube.com/watch?v=5if4cjO5nxo>

1. **Jump Start Jonny Workouts**

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

1. **AJ & Curtis Dance tutorial for Sport Relief**

<https://www.youtube.com/watch?v=OKvH5gPSw3g>

1. You Tube **Jumping Jax Cardio Kids** – workout videos

<https://www.youtube.com/watch?v=dhCM0C6GnrY&t=54s>

1. **Family Workout Videos** – You Tube

<https://www.youtube.com/watch?v=5if4cjO5nxo>

1. **Yoga for kids**

<https://www.youtube.com/watch?v=X655B4ISakg>

1. **Go Noodle.** Log in needed but free to setup. Lots of dance like activities, yoga activities and movement sequencing. Appropriate for all ages.

[www.gonoodle.com](http://www.gonoodle.com)

1. **OPEN (Online Physical Education Network)**

[www.openphysed.org](http://www.openphysed.org)

1. Cosmic Yoga. A wide range of yoga activities that tell a story as you go along.

[www.cosmickids.com](http://www.cosmickids.com)