



PE Links and Resources

In order to help stay physically active and healthy, below are a list of fun activities and ideas for the whole family to enjoy. Please click on the links to access these resources.

IMoves Physical Activity Daily Movement Routines - <https://join.themovement.com>

Movement & Mindfulness videos - <https://www.gonoodle.com/>

This Girl Can - Disney Workouts - <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

National Campaign - Eat Them To Defeat Them - <https://eatthetodefeatthem.com/>

Get Set Olympics Travel to Tokyo - <https://www.getset.co.uk/resources/travel-to-tokyo/ttt-teacher-resources>

BBC Super Movers - <https://www.bbc.co.uk/teach/supermovers>

Fitness Blender: Free full length workout videos, workout routines, healthy recipes and more - www.fitnessblender.com

Born to move fitness classes from primary to secondary - www.lesmills.com/borntomove/

Create Development | Free Primary PE resources - www.createdevelopment.co.uk

Help improve children's writing ability - <https://pobble.com/for-parents>

Get Set 4 PE From Monday 23rd March will be tweeting @GetSet4PE daily super fun, active home tasks.