**Physical Education Recommendations:**

* The Joe Wicks physical activity sessions are back, this time 3 x a week at 9am on Mondays, Wednesdays and Fridays. You can find them on his "Bodycoach" Youtube channel and they are particularly good for children of all ages and adults alike for working at a medium to high intensity for 20-30mins:  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>
* Cosmic Kids Yoga is another option for YouTube based physical activity as well mindfulness training - this is more of a low-medium intensity activity and particularly good for Reception/KS1 and lower KS2 with yoga moves put to a story or theme to make it more engaging: <https://www.youtube.com/user/CosmicKidsYoga>
* The Change 4 Life pages are also very good for all round advice and ideas for maintaining a healthy lifestyle - games, recipes, activities and information about healthy living. The 10minute Shake Up games are great for finding something fun to do as a break in your on-line learning and working towards your 60 Active Minutes: <https://www.nhs.uk/change4life>
* Go Noodle is worth a visit for some energising Dance videos to follow and dance to, with the Blazer Fresh crew being particularly fun and not needing much space (Banana Banana Meatball is my favourite!): <https://family.gonoodle.com/>
* The Youth Sport Trust (YST) have an excellent range of Primary PE challenges across a wide variety of types of PE and you can choose from a number of activity cards and challenge videos here:  <https://www.youthsporttrust.org/primary-pe-activities>
* 60 Second Challenges - also from the YST - a great place to find simple challenges to do either for fun or try to set personal bests or even compete against a family member! <https://www.youthsporttrust.org/60-second-physical-activity-challenges>
* The YST also have a 30minute activity session which they were streaming daily on YouTube all through last half term as an [After School Club activity](https://www.youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b) and will now be restarting as a twice weekly activity session covering lots of different sports and activities: [www.youthsporttrust.org/AfterSchoolSportClub](https://www.youthsporttrust.org/AfterSchoolSportClub)