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PE Lessons at home that kids will love!

**PE with Joe**

Lovely London based [Joe Wicks](https://happiful.com/joe-wicks-on-fatherhood-and-finding-balance/) (aka [The Body Coach](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)) is live on YouTube every morning at 9am from Monday to Friday. He is offering a daily 30 minute PE lesson until the schools reopen, with the goal of being the nation’s PE teacher. So far he has had millions of families joining him.

**Cosmic Kids Yoga**

Join Jamie on YouTube to offer your kids a chance to learn yoga and mindfulness within an adventure story or guided relaxation. Some of their most popular videos such as Frozen, Moana and Trolls have had millions of views and with hundreds of videos to choose from, hopefully, there is something for everyone. [Cosmic Kids Yoga](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ) is used in schools all over the UK and videos range from short stories for nursery-aged children, to full length 30 minute adventures for older kids.

**Just Dance**

Just Dance is available on [YouTube](https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ) for free. On their YouTube channel, you can access many of the unlimited videos without having to pay for them.

**Andy’s Wild Workouts**

For CBeebies fans, Andy Day has a series on YouTube for younger children called [Andy’s Wild Workouts](https://www.youtube.com/watch?v=DqAOMrZkht0&list=PLoOc9M0VgduMnQiJ56Gw5TX7wsGIF7kmv&index=4). Each video follows a different theme such as a beach or rainforest adventure. Videos are informative and educational, as well as active and only last about six minutes, so good for a quick burst. This series is also available on [BBC iPlayer](https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts).

**BBC Teach Supermovers**

[Supermovers](https://www.bbc.co.uk/teach/supermovers) is a great resource recommended by schools and has loads of videos that combine education with exercise. There are options for KS1 and KS2 with easy to follow activities covering topics such as number bonds, times tables and division for Maths, and grammar, spelling and punctuation for English. They also have some Science and Language exercise videos and a [Supermovers Champions](https://www.bbc.co.uk/teach/supermovers/champions-collection/zhcdcqt) section to help older children develop confidence, teamwork and leadership skills. A great way to continue your child’s learning while also having a PE lesson.

**GoNoodle**

[GoNoodle](https://family.gonoodle.com/) claim they help 14 million kids every month with movement and mindfulness videos that are created by child development experts. They have 19 different channels, including exercise channels such as Zumba Kids, Net Generation and Koo Koo Kangeroo. The videos are really fun and vibrant and a great way to hold kids attention whilst being active. If you don’t want to sign up, check out their [YouTube channel](https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw) where you can access lots of their videos. They have also created a free game-based app, available on the [App Store](https://apps.apple.com/ie/app/gonoodle-kids-videos/id1050712293).

**Zumba Kids**

Zumba has been sweeping the nation for years and now there are loads of online Zumba Kids videos for children to follow along at home. [GoNoodle](https://family.gonoodle.com/channels/zumba-kids) has a whole section for Zumba Kids with 20 videos to choose from, the videos are fun to watch, energetic and lots of them are hosted by children. You do need to sign-in to GoNoodle to access these free videos, while there is also a really good [Zumba Kids playlist](https://www.youtube.com/watch?v=ymigWt5TOV8&list=PLsLdIyqFC4R5kDlsjwLNwc1RUiH06nEf3) on YouTube that you can stick on your TV and let the kids follow along.

**Koo Koo Kangeroo**

[Koo Koo Kangeroo](https://www.youtube.com/user/kookookangaroo) are an American comedic dance-pop duo called Bryan and Neil. They have created a range of kids fitness videos that are really fun and silly. Their [Dinosaur Stomp](https://www.youtube.com/watch?v=Imhi98dHa5w) video has had over 18 million views on YouTube which is pretty impressive. It’s another fun, active way to get your kids off the sofa and burning some energy. [GoNoodle](https://family.gonoodle.com/channels/koo-koo-kanga-roo) hosts their channel, so if you have an account you can easily see all their videos.

**Les Mills Born to Move**

Les Mills is a fitness program used in gyms all over the UK including [Anytime Fitness](https://www.anytimefitness.co.uk/) and [David Lloyd](https://www.davidlloyd.co.uk/). Gyms are all closed at the moment, but they have a fantastic range online for both adults and children and are offering a 14-day free trial. [The Born to Move](https://www.lesmills.com/borntomove/) section (click ‘Try at Home’ link) has nearly 100 videos aimed at different age groups, from 4-5 years up to 13-16 years. My personal favourite is the Move like the Avengers video, I think this is awesome and my children loved it. Lots of their videos are also available free on their [YouTube](https://www.youtube.com/channel/UCJIZkpEAHfJ4kSkbkB8krDg/featured) channel.

**Youth Sport Trust**

Youth Sport Trust has lots of resources to keep children active. They have a range of PE Home Learning resources as well as Active Break ideas and 60 Second Challenges. <https://www.youthsporttrust.org/free-home-learning-resources-0>

If in doubt, there are always the basics such as going for a walk, run or bike ride. Have fun!