

PE HOME LEARNING LINKS

P.E with Joe Wicks

Free workout aimed at kids

Les Mills workouts for kids

Free workouts aimed at children of all ages.



Cosmic Kids Yoga - Kids Yoga and Mindfulness



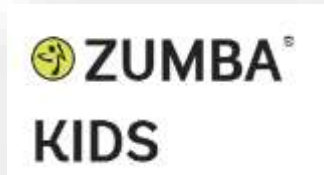
BBC Supermovers

Interactive videos to support with KS1 and KS2 Maths, Literacy and PSHE and PLEarning. Great for times tables as well as videos that are just for fun.



Go Noodle

Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos that are just for fun!



Kids Zumba

Perfect for Zumba® fans! Here they get the chance to be active and jam out to their favourite music.



Youth Sport Trust

YST provide a variety of activity cards that can be used to get active throughout the day.



BBC Bitesize

Videos, quizzes and practice activities to help you with home learning.

RB Gym and Sport

RB Gym and Sport will be sending out videos of skills

Instagram: <https://www.instagram.com/rbgymandsport>

Facebook: <https://www.facebook.com/rbgymandsport/>

Twitter: <https://twitter.com/rbgymandsport>