



Helpful (PE Exercise) Websites

Website Address	Description
https://www.youtube.com/watch?v=4wzoy_J3I_c	P.E. with Joe Wicks. Live on YouTube at 9am daily (5mins)
https://watch.lesmillsondemand.com/at-home-workouts/season:7	Children's workouts to do at home.
https://www.youtube.com/watch?v=2aje33UPixE	Kids Yoga to do at home.
https://www.youtube.com/watch?v=1QRmKit2NXw	Oti from Strictly Daily Dance class for all ages
https://icebreakerideas.com/trampoline-games	Some games ideas for those who have trampolines