

P.E Links 2 — Stay Active!

Go Noodle

Go noodle is free to sign up and is home to lots of different videos which focus on mindfulness and movement. There are lots of different channels to discover including; Zumba Kids, Net Generation and Koo Koo Kangeroo. If you don't want to sign up you can also find them on Youtube.

Sign up at www.gonoodle.com



Just Dance



Many of you will have heard of Just Dance which can be bought on a variety of games consoles but did you know it is free to play through Youtube? Get the whole family involved and have a boogie to your favourite songs!

www.youtube.com and search for Just Dance

BBC Teach—Supermovers

Supermovers combines education with exercise. With easy to follow activities covering topics like number bonds, timestables and division for maths and grammar, punctuation and spelling for English.

www.bbc.co.uk/teach/supermovers



Les Mills—Born to Move

Les Mills is a fitness programme used in gyms all over the UK. There is a fantastic range for children and adults available online including the Move like the Avengers video. At the moment they are offering a 14 day free trial. Lots of their videos are also available on Youtube.

www.lesmills.com/borntomove

