

P.E Links — Stay Active!

Travel to Tokyo

Team up with your family and school to gain kilometres on your virtual journey to Tokyo! Don't forget to log your KM! School postcode S019 2DW.



www.getset.co.uk/travel-tokyo/log-activity

Premier League Primary Stars



Curriculum-linked activities for ages 5-11 cover English and Maths, Health & Wellbeing and Physical Activity, and feature Premier League stars and mascots that will engage them during this challenging time.

Register at: plprimarystars.com/for-families

Imoves

These FREE resources include; quick blasts, active blasts (supporting math and literacy) and mental wellbeing (support for anxiety, mood and emotions)!



www.theimovement.com



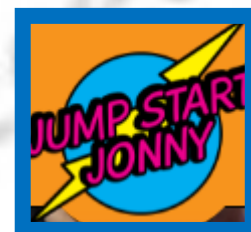
Cosmic Yoga

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence!

www.youtube.com/user/CosmicKidsYoga

Jump Start Jonny

Jump Start Jonny is on a mission to get kids fit! His fun workouts and chill-out videos are loved by over 250,000 Jumpsters in schools and homes worldwide.



www.jumpstartjonny.co.uk/home

Change 4Life

Fun ideas to keep your children healthy including Disney inspired indoor games and activities.

www.nhs.uk/change4life

