

Online P.E Resources

| <b>Key Stage 1</b>  | <b>Key Stage 2</b>  | <b>Key Stage 3</b>   | <b>Key Stage 4</b>   |
|---|---|--|--|
| BBC Supermovers<br><a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>  | BBC Supermovers<br><a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>  | Joe Wicks – The Body Coach<br><a href="https://www.youtube.com/watch?v=6olorMNTw5g">https://www.youtube.com/watch?v=6olorMNTw5g</a>  | Joe Wicks – The Body Coach<br><a href="https://www.youtube.com/watch?v=6olorMNTw5g">https://www.youtube.com/watch?v=6olorMNTw5g</a>  |
| Joe Wicks – The Body Coach<br><a href="https://www.youtube.com/watch?v=6olorMNTw5g">https://www.youtube.com/watch?v=6olorMNTw5g</a>   | Joe Wicks – The Body Coach<br><a href="https://www.youtube.com/watch?v=6olorMNTw5g">https://www.youtube.com/watch?v=6olorMNTw5g</a>   | Saskia Dance School<br><a href="https://www.youtube.com/results?search_query=saskia+dance+school">https://www.youtube.com/results?search_query=saskia+dance+school</a>   | Saskia Dance School<br><a href="https://www.youtube.com/results?search_query=saskia+dance+school">https://www.youtube.com/results?search_query=saskia+dance+school</a>   |
| Saskia Dance School<br><a href="https://www.youtube.com/results?search_query=saskia+dance+school">https://www.youtube.com/results?search_query=saskia+dance+school</a>  | Saskia Dance School<br><a href="https://www.youtube.com/results?search_query=saskia+dance+school">https://www.youtube.com/results?search_query=saskia+dance+school</a>  | Fitness Blender<br><a href="https://www.youtube.com/channel/UCiP6wDtYIYLh3agzbByWQ">https://www.youtube.com/channel/UCiP6wDtYIYLh3agzbByWQ</a>   | Fitness Blender<br><a href="https://www.youtube.com/channel/UCiP6wDtYIYLh3agzbByWQ">https://www.youtube.com/channel/UCiP6wDtYIYLh3agzbByWQ</a>   |
| Tennis at Home<br><a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>   | Tennis at Home<br><a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>   | Nike Training Club<br><a href="https://www.nike.com/gb/ntc-app">https://www.nike.com/gb/ntc-app</a>  | Nike Training Club<br><a href="https://www.nike.com/gb/ntc-app">https://www.nike.com/gb/ntc-app</a>  |
| England Athletics Funetics<br><a href="https://funetics.co.uk/for-parents/funetics-activity-videos/">https://funetics.co.uk/for-parents/funetics-activity-videos/</a>   | England Athletics Funetics<br><a href="https://funetics.co.uk/for-parents/funetics-activity-videos/">https://funetics.co.uk/for-parents/funetics-activity-videos/</a>   | Peloton Fitness<br><a href="https://www.onepeloton.com/digital/checkout/digital-60d">https://www.onepeloton.com/digital/checkout/digital-60d</a>   | Peloton Fitness<br><a href="https://www.onepeloton.com/digital/checkout/digital-60d">https://www.onepeloton.com/digital/checkout/digital-60d</a>   |
| Cosmic Kids Yoga<br><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>   | 24 Hour Fitness<br><a href="https://www.youtube.com/user/24HourFitnessInc/featured">https://www.youtube.com/user/24HourFitnessInc/featured</a>  | 24 Hour Fitness<br><a href="https://www.youtube.com/user/24HourFitnessInc/featured">https://www.youtube.com/user/24HourFitnessInc/featured</a>   | 24 Hour Fitness<br><a href="https://www.youtube.com/user/24HourFitnessInc/featured">https://www.youtube.com/user/24HourFitnessInc/featured</a>   |
| P.E with Mr Dalton<br><a href="https://www.youtube.com/watch?v=T4wyHBp0GJw&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&amp;index=9">https://www.youtube.com/watch?v=T4wyHBp0GJw&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&amp;index=9</a> | P.E with Mr Dalton<br><a href="https://www.youtube.com/watch?v=T4wyHBp0GJw&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&amp;index=9">https://www.youtube.com/watch?v=T4wyHBp0GJw&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&amp;index=9</a> | Fitnessgram Fitness Tests<br><a href="https://www.youtube.com/watch?v=uPQpernkK4w&amp;list=PLdjiZotgADVwck0IZSjerIjYWnw_znfoU">https://www.youtube.com/watch?v=uPQpernkK4w&amp;list=PLdjiZotgADVwck0IZSjerIjYWnw_znfoU</a> | Fitnessgram Fitness Tests<br><a href="https://www.youtube.com/watch?v=uPQpernkK4w&amp;list=PLdjiZotgADVwck0IZSjerIjYWnw_znfoU">https://www.youtube.com/watch?v=uPQpernkK4w&amp;list=PLdjiZotgADVwck0IZSjerIjYWnw_znfoU</a> |
| YST Activity Challenges<br><a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>  | YST Activity Challenges<br><a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>  | YST Activity Challenges<br><a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>                                     | YST Activity Challenges<br><a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>                                     |