

Kingsway Primary School PE and Physical Activity Links to enjoy at home

Boogie Beebies

Link: <https://www.bbc.co.uk/programmes/b006mvsc>

Key stages: early years foundation stage

Description: videos that get younger children up and dancing with CBeebies presenters.

Disney 10 Minute Shakeups

Link: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Key stages: early years foundation stage to key stage 2

Description: 10-minute activities based on Disney films that count towards a child's 60 active minutes per day.

Super Movers

Link: <https://www.bbc.co.uk/teach/supermovers>

Key stages: key stage 1 and key stage 2

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

#ThisIsPE

Link: session 1 <https://www.youtube.com/watch?v=IvySZYSZFNY>

Session 2 <https://www.youtube.com/watch?v=lfra8pSPEhE>

Session 3 <https://www.youtube.com/watch?v=tHRvquNKf1Q>

Session 4 <https://www.youtube.com/watch?v=DcGFteFryoA>

Session 5 <https://www.youtube.com/watch?v=08AIvWfmJlo>

Session 6 <https://www.youtube.com/watch?v=cRjO1IGwbLo>

Session 7 <https://www.youtube.com/watch?v=cUy-nGjLWQM>

Session 8 <https://www.youtube.com/watch?v=GxN9cYj6eX8>

Session 9 <https://www.youtube.com/watch?v=IaNjXnB-79U>

Key stages: key stage 1 and key stage 2

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.