

PE

Message from Ms Kantor:

With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive.

Exercise is an amazing tool to help us feel happier, more energized, and more optimistic.

The workouts will be fun and suitable for all ages and even adults can get involved.

You don't need any equipment, just tune in to:

To all pupils:

The body coach PE lesson from Monday 23.March 2020:

https://twitter.com/thebodycoach?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.youtube.com/thebodycoachtv>

EYFS:

Warm up: <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Conditioning: https://www.youtube.com/watch?v=u0_1QBQ8Syk

Dance: https://www.youtube.com/results?search_query=just+dance+kids

Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

KS1:

Warm up: <https://www.youtube.com/watch?v=xbVr38Bhe7E>

Dance: https://www.youtube.com/results?search_query=just+dance

Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Conditioning: <https://www.youtube.com/watch?v=YIB2SjnBHBQ>

KS2:

Dance: https://www.youtube.com/results?search_query=just+dance+

Zumba:

<https://www.youtube.com/watch?v=ljfVacvCME8>

<https://www.youtube.com/watch?v=B1vrtLZ4Jdc>

<https://www.youtube.com/watch?v=181EkYDNa0I>

<https://www.youtube.com/watch?v=Lt49CqQ4xOE>

Yoga: https://www.youtube.com/results?search_query=cosmic+kids+yoga

Conditioning:

https://www.youtube.com/watch?v=L_A_HjHZxfI

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

Gymnastics to all:

Warm up: <https://www.youtube.com/watch?v=mjN4gjAfiTY>

Hand stand: <https://www.youtube.com/watch?v=p64G0nBZ6jA>

Learning the splits: https://www.youtube.com/watch?v=uPXNeZY-Xrs&list=RDCMUcNqznIHK_kZIEMUI2nT1mYQ&index=2

Round

off: https://www.youtube.com/watch?v=SBynK6UoT24&list=RDCMUCnQznIHK_kZIEMUI2nT1mYQ&index=3

Cartwheel: <https://www.youtube.com/watch?v=ovJimWNogPg>

Conditioning: <https://www.youtube.com/watch?v=YBWRCi6uuCA>

Meditation:

EYFS, KS1: https://www.youtube.com/results?search_query=cosmic+kids+meditation

KS2, adults: https://www.youtube.com/results?search_query=boho+beautiful+meditation

Healthy mind to all:

<https://www.worthit.org.uk/>

Exercises for teachers/ parents:

https://www.youtube.com/results?search_query=boho+beautiful+