
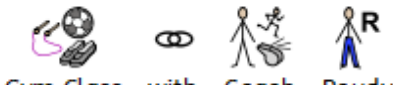


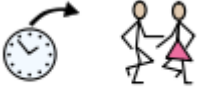
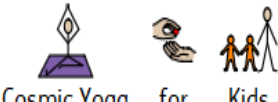

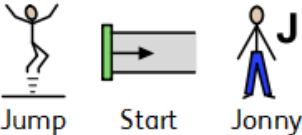
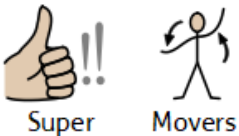

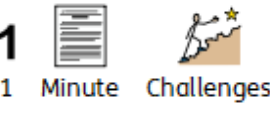



Activity	Link	More information
 <p>Joe Wicks</p>	https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTl	<p>Join Joe Wicks for his live workout Monday-Friday 9am on his YouTube Channel.</p> <p>You can also re-watch previous workout sessions.</p>
 <p>Gym Class with Coach Roudy</p>	https://www.youtube.com/channel/UC9ZlHy-UUbPFKYJ3r8ZYkpw	<p>Join coach Roudy for his live workout Monday-Friday 9am on his YouTube channel.</p> <p>You can also re-watch previous workout sessions.</p>
 <p>10 Minute shake up activities</p>	https://www.nhs.uk/10-minute-shake-up/shake-ups	<p>Change4Life and Disney have teamed up to bring Shake Up games inspired by films such as Toy Story 4, Incredibles 2, The Lion King, Frozen and more.</p>
 <p>Yoga for Kids</p>	http://www.yogabugs.com/	<p>Try out YogaBugs yoga and mindfulness classes online.</p>
 <p>Just Dance</p>	https://www.youtube.com/user/justdancegame	<p>Try out your Dance moves following along with Just Dance YouTube videos.</p>
 <p>Cosmic Yoga for Kids</p>	https://www.youtube.com/user/CosmicKidsYoga?app=desktop	<p>Want to go on a Bear Hunt, be Goldilocks or be Elsa in Frozen... try out Cosmic Yoga for kids on their YouTube channel.</p>
	https://www.youtube.com/user/DanceandBeatsLab	<p>Love to dance and sing, dance and sing your heart out with loads of videos on Dance 'n Beats Lab YouTube channel.</p>

 GoNoodle	https://family.gonoodle.com	Love to boogie... go try out GoooooooooNoooooleeeeeee!
 Jasmin Active	https://home.jasmineactive.com/	Login with the details below and try out Jasmine's PE learning platform; with 1000s of fun activities and challenges to keep the whole family fit and healthy. User name: parent@rowanschoo-1.com Password: rowanschoo
 Exercise videos	https://www.youtube.com/watch?v=x_9L5_A6Ww4 https://family.gonoodle.com/activities/indoor-recess-you-pick-number-1 https://family.gonoodle.com/activities/indoor-recess-you-pick-number-2 https://family.gonoodle.com/activities/indoor-recess-you-pick-number-3	Try out these fun online exercise videos.
 Andrew's Multi-sports	https://www.youtube.com/watch?v=Wmq2-SNqsTg&t=61s https://www.youtube.com/watch?v=QzNrTqTaFWA https://www.youtube.com/watch?v=IdKhZBGFH_s	Try out this seated exercise routine from Special Educational Needs (SEN) Multisport Coach Andrew.
 Disney Dance Alongs	https://www.thisgirlcan.co.uk/activities/disney-workouts/	Who loves Disney? Yes, me too! Why not dance along to some of your favourite Disney songs including 'I Wanna be Like you' from The Jungle Book and many more.

 <p>Jump Start Jonny</p>	https://www.jumpstartjonny.co.uk/	<p>Jump Start Jonny is on a mission to get kids fit. Up for the challenge... go check out his fun workouts.</p>
 <p>Super Movers</p>	https://www.bbc.co.uk/teach/supermovers	<p>Join the Super Movement and discover all the benefits of being active.</p>
 <p>Premier League Stars</p>	https://plprimarystars.com/home-learning/physical-activity	<p>Want to train like a footballer... use motion capture technology and feature alongside Manchester United striker Marcus Rashford to master simple movements to help you train like a footballer.</p>
 <p>1 Minute Challenges</p>	https://www.youthsporttrust.org/60-second-physical-activity-challenges	<p>Grab a stop watch and try out these fun 1 minute challenges.</p>
 <p>Actiphons</p>	https://www.youtube.com/channel/UCUknpVfytiUxZzLTzrT3y3A	<p>Actiphons combine phonics and physical activities to help children learn in a fun and exciting way.</p>