

On-Line Links

Joe Wicks	https://www.youtube.com/watch?v=sX05HHni9Wk
GetSet4PE	https://twitter.com/GetSet4PE?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
Premier League Primary Stars	https://plprimarystars.com/news/home-learning-activities-school-closures
BBC Supermovers	https://www.bbc.co.uk/teach/supermovers
Cosmic kids yoga	https://www.youtube.com/user/CosmicKidsYoga
Change4life	https://www.nhs.uk/change4life/activities/
Sport in Herts website	Staying active at home link to resources plus activity tracker on: https://sportinherts.org.uk/workoutfromhome/?utm_source=Emails&utm_medium=Mailchimp&utm_campaign=WorkOut%20From%20Home
Wiggles nursery rhymes	http://ab.co/WigglesYouTube
Brain breaks	https://youtu.be/388Q44ReOWE
Going on a dragon hunt	https://youtu.be/oyl3qukcTil
Childrens home workout	https://youtu.be/oc4QS2USKmk