



Keep moving!

Hi Everyone,

Here are some website links to PE activities that will help to keep you fit and moving at home.

Please make sure you ask for permission and you have an adult supervising what you watch. Keep safe online.

Watch, move and enjoy!

from Mr Atkin.

The Body Coach 5 minute move:

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

<https://www.youtube.com/watch?v=SbFgQarDM50>

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

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

<https://www.youtube.com/watch?v=rN0h6EZd6TM>

PE at home:

<https://primarypeplanning.com/home-pe/>

<https://www.sportspartnershipw.co.uk/stay-active-at-home>

Further challenge for those who enjoy watching sport:

Use Youtube to watch an England International match or sporting performance and complete an evaluation

e.g. What sport or activity are they doing? What are they good at? What skills can you see being used? Are they using any tactics? How could they improve/ get better?