

Here are some useful resources for you to keep active whilst you are at home:



Les Mills - Born to Move

[https://www.youtube.com/channel/UCJIZkpEAHfJ4kS\\_kbkB8krDg/videos](https://www.youtube.com/channel/UCJIZkpEAHfJ4kS_kbkB8krDg/videos)



Les Mills - Move Like the Avengers - 5 Minute Workout

[https://www.youtube.com/watch?v=uYi1kyMeFHQ&feature=emb\\_title](https://www.youtube.com/watch?v=uYi1kyMeFHQ&feature=emb_title)



Les Mills - Born to Move - 8-12 year old Class

<https://www.youtube.com/watch?v=9WgkiB-GQMI>



Joe Wicks - Daily PE Sessions

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



Cosmic Kids Yoga

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



Energize List of P.E, Sports and Healthy activities to do at home.

<https://www.energizestw.org.uk/energize-resources>