



Physical Education Ideas At Home



North Ridge High School

- <https://northridge.manchester.sch.uk/>
- On Twitter - @northridgesch
- On YouTube - <https://www.youtube.com/channel/UCGr6Pt4grLto3RTxXw01S0A/featured>



YouTube

- Joe Wicks daily workouts - <https://www.youtube.com/user/thebodycoach1>
- Cosmic Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
- Ryan's World PE session - <https://www.youtube.com/watch?v=bHpLI8H69V8>
- No Equipment Workout - <https://www.youtube.com/watch?v=pJGqIIa4Dbw>
- Get active at home - https://www.youtube.com/watch?v=3_oIssULEk0



Just Dance

- On YouTube -
https://www.youtube.com/playlist?list=PLwHV_IsfFvuTMbENgvP7XeWepHfpu2m1T
- Accessible Dance Videos for children to follow along at home



PE Websites

- Fun Accessible Games - <https://imoves.com/>
- BBC Supermovers - <https://www.bbc.co.uk/teach/supermovers>
- Scouts Fun Indoors - <https://www.scouts.org.uk/the-great-indoors/>
- NHS Activity Advice - <https://www.nhs.uk/live-well/exercise/>



Physical Activity is...

