**BBC Super Movers Key stage 1 and Key stage 2** - Fun videos that link into Maths, English and other subjects

<https://www.bbc.co.uk/teach/supermovers>

**Premier League Premier Stars Familie**s - Free online resources - account needed

<https://plprimarystars.com/for-families>

**Joe Wicks** - Daily PE session for all Key stages ( Good for parents)

<https://www.youtube.com/watch?v=K6r99N3kXME>

**IcoachKids** -  Free sessions for school's and parents

<https://www.icoachkids.eu/free-moocs-for-coaches-of-children.html>

**Cosmic Kids Yoga** - You tube channel used in school's ( Good for parents)

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

**POP SUGAR Fitness** - Fun fitness with the whole family

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

**Chatter Pack** - Free online resource

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

**Soccercise** - FA fun fitness skills - indoors and outdoors

<http://www.thefa.com/-/media/files/pdf/womens/soccercise-exercises.ashx?la=en>

<https://youtu.be/Eq_LGTqlXgo>

**Kidz BOP** - Used in school's

<https://www.youtube.com/user/KidzBopKids>