

PE - '30 Active Minutes' Ideas

As well as delivering 2 hours of PE lessons per week, we also like to incorporate an extra '30 Active Minutes' into each school day. We have a bank of fun activities but we also use some of the websites below – we thought you may like to try some of these at home. Have fun!

***Go –Pro Bob Sleigh**

<https://www.youtube.com/watch?v=3YuQQrsAS4Y>

<https://www.youtube.com/watch?v=bnJArS1QDkk>

***Go –Pro Mountain Bike**

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

<https://www.youtube.com/watch?v=dS2HDKhNSdQ>

***Just Dance – be selective**

https://www.youtube.com/channel/UCHljW4BWKLqpojTrS_tX0mg

***Agado Dance**

<https://www.youtube.com/watch?v=POv-3yIPSWc>

***Google - Go Noodle and Go Noodle Kidzbop**

***Google – Cosmic Yoga**

Yoga ideas but aimed at Year 3/4 only

***The Body Coach – Joe Wickes**

<https://www.youtube.com/watch?v=d3LPrh>

***Google - BBC Super Movers Times Tables**

*** Google – Disney 10 minute Shake up**

*** Google – Wake up Shake up**

*** Google – BBC Boogie Beebies**

Dance ideas for Year3/4 only

