

Beverley Minster C.E. Primary School

Be Active! Be Healthy!

Here are some ways to keep ACTIVE and HEALTHY whilst at home:

Get Set 4 PE

- Twitter

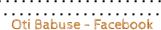
Account

closurest



The Body Coach TV -YouTube

Joe Wicks will be posting daily PE lesson style workout routines. They will be posted everyday at 9am. There's workout's for kids and adults!





Every day at 11.30am Oti, from Strictly Come



Get Set 4 P.E.

@GetSet4PE will be posting

every day on their twitter

feed every day of school

a daily active challenge

BBC Supermovers

A website full of fun videos which link to learning and getting moving. Suitable for children of all ages.

<u>lust Dance - YouTube</u>

Check out Just Dance, you're bound to have some fun!



Remember it is just as important to keep moving as it is to keep thinking and reading. Do a little bit of physical exercise every day! Our bodies need to be looked after as well as our brains!



Cosmic Kids Yoga -<u>YouTube</u>

Perfect for videos of yoga, mindfulness and relaxation. Designed for children as young as 31

Dancing, will be doing some live Dance routines.

Theyre entertaining and GoNó2dle fun! There's a massive range on videos Go Noodle - YouTube available. Suitable for children of all ages.

Youth Sport Trust -Website



YOUTH **SPORT** TRUST

Youth Sports Trust are compiling resources to use at home to support staying active during this time. These resources will be updated regularly.