

Useful Websites for Physical Education

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> - This is the YouTube channel of Joe Wicks- The Body Coach. During the lockdown period he has done PE lessons every morning to support physical education. He also has a number of videos for children that range of 5-30 minutes which different exercises.

<https://www.youtube.com/user/GoNoodleGames> - GoNoodle is a dance YouTube channel. It is a mixture of movements to work on co-ordination, balance, following sequences and fitness. It is a Zumba style workout and there is a number of different videos to watch and follow.

<https://www.youtube.com/user/CosmicKidsYoga> - Cosmic Kids is yoga, mindfulness and relaxation videos that make it fun for children. It teaches them yoga moves in a creative way and suitable for all ages.

<https://www.bbc.co.uk/bitesize/subjects/z2hs34j> - BBC Bitesize for Key Stage 1 has information on different PE topics, lessons to follow, videos and quizzes that suit the Key Stage 1 curriculum.

<https://www.bbc.co.uk/bitesize/subjects/zj6pyrd> - this is similar to the above but for Key Stage 2. Lots of useful information, videos and resources that link to the National Curriculum.

<https://www.topmarks.co.uk/Search.aspx?q=pe> - Top Marks have a few different resources available for PE (they are adding to these).

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study> - this is the government website which has the national curriculum for PE. This includes the objectives, topics and information for key stages 1 and 2. You can also find information on Key Stage 3 here if you are looking ahead to secondary PE.