

PE Home Learning at Holy Trinity Academy



Are you looking for ways to keep your children active? Here are some ideas that all the family can take part in at home during these unprecedented times. Try to do a little bit every day and look after your bodies as well as your brains!

PE with Joe Wicks - The Body Coach Youtube

Every weekday, Joe Wicks posts a live PE workout at 9am. These are perfect to keep everyone active and fit, and to maintain a structure. If this time doesn't suit, you can access all his workouts on his YouTube channel.



Cosmic Kids Youtube Channel

Designed for all children as young as three, Cosmic Kids has videos of **yoga, mindfulness and relaxation**.



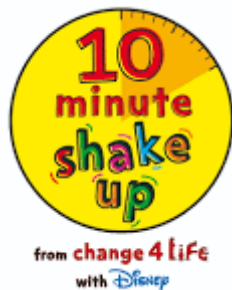
BBC Supermovers

Brilliant videos to get your child moving whilst learning at the same time!



Just Dance and Zumba Kids

If your child loves dancing, Just Dance and Zumba Kids have brilliant tutorials for **dance routines**. Waka Waka is a personal favourite of Miss Moore's!



Disney 10 Minute Shake Up

Ten-minute active games all based around children's favourite Disney films - what is not to love?

Youth Sport Trust - website

Youth Sport Trust have compiled some resources to support active home learning. They are updated regularly and give good ideas for **games to play** at home with limited resources.



YOUTH SPORT TRUST



Four Square

With some outside chalk and a ball, you could create your own **Four Square game**! It is easy to learn and is competitive for all the family! You can even make your family's own personal rules!

Go Noodle - Youtube Channel

Suitable for all ages, Go Noodle has a range of **videos** that are perfect to keep everyone moving.

Get Set 4 PE - Twitter

@GetSet4PE are posting **daily challenges** on their twitter account. Why not have a go? Or better yet, create your own challenges with your family?



Don't forget to share photos of your PE home learning to enquiries@holytrinitycalne.wilts.sch.uk ! We would love to see it!