

Physical Education Home School Suggested Links

- <https://www.youtube.com/watch?v=Ext2iLRlaf8> (children's Joe Wicks workout 8mins)
- https://www.youtube.com/watch?v=TUp2_VAHrl (children's Joe Wicks workout 8mins)
- <https://www.youtube.com/watch?v=SbFqQarDM50> (children's Joe wicks workout 5mins)
- <https://www.youtube.com/watch?v=d3LPrhI0v-w> (children's Joe wicks workout 5mins)
- <https://www.youtube.com/watch?v=uqLNxJe4L2I> (children's Joe wicks workout 8mins)
- <https://www.youtube.com/watch?v=mhHY8mOO5eo> (children's Joe wicks workout 15mins)
- <https://www.youtube.com/watch?v=oiTaFviEt74> (children's Joe wicks workout 17mins)
- <https://www.youtube.com/watch?v=GJZk6cjUYWM> (children's Joe wicks workout 18mins)
- https://www.youtube.com/watch?v=AKlid_e-loE (aerobics fun dance 9mins)
- <https://www.youtube.com/watch?v=dhCMOC6GnrY> (25mins workout)
- <https://www.youtube.com/watch?v=5if4cjO5nxo> (13mins workout)
- https://www.youtube.com/watch?v=8-9Sm6_yE98 (just dance 4mins)
- <https://www.youtube.com/watch?v=cntzSx-KdWw> (just dance 4mins)
- <https://www.youtube.com/watch?v=lQxj2JcHEso> (just dance 4mins)
- <https://www.youtube.com/watch?v=GVh-INPd2el> (just dance 4mins)
- <https://www.youtube.com/watch?v=6rBFtCJ255w> (just dance 4mins)
- <https://www.youtube.com/watch?v=QiuGSnLuUjM> (Zumba)
- <https://www.youtube.com/watch?v=1e2fWy7zomk> (Zumba)
- https://www.youtube.com/watch?v=YCDCwuGcEmA&list=PL51K8Gjue72MRjpP4opWgFgUr_9QY9Du7 (just dance 4mins)
- <https://www.youtube.com/watch?v=X655B4ISakg> (yoga 25mins)
- <https://www.youtube.com/watch?v=4ZpkRAcgs4> (yoga 17mins)
- <https://www.youtube.com/watch?v=02E1468SdHg> (yoga 20mins)
- <https://www.youtube.com/watch?v=xlg052EKMTk> (yoga 30mins)
- <https://www.youtube.com/watch?v=coC0eUSm-pc> (yoga 24mins)
- https://www.youtube.com/watch?v=L_A_HjHZxfI (workout 16mins)
- <https://www.youtube.com/watch?v=LhYtcadR9nw> (yoga 15 mins)
- <https://www.youtube.com/watch?v=LZAaZDVqCiA> (yoga 11 mins)
- <https://www.gonoodle.com/> (fun active games for all ages)