

Home learning staying active with Gorsemoor

Cosmic kids Yoga

Perfect for videos of yoga, mindfulness and relaxation. Designed for children as young as 3!



Go Noodle

Perfect for videos to keep your children moving! They're entertaining and sometimes quite fun! There's a massive range on videos available, so check it out. Suitable for children of all ages.!



Joe Wicks body coach channel.

From Monday, Joe Wicks will be posting daily PE lesson style workout routines – perfect to keep your children active! Posting every day at 9am. There's workouts for kids and adults on this Youtube channel!



BBC Super Movers

A website jam-packed with fun videos which link to your child's learning and getting them moving. This is a firm favourite with teachers! Suitable for children of all ages – this will support their physical health and keep them learning!

Youth Sports Trust

Youth Sports Trust are compiling resources to use at home to support you and your children to stay active during this time. These resources will be updated regularly.



Get set twitter account

@GetSet4PE will be posting a daily active challenge every day on their twitter feed every day of school closures!



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