

Workouts to be found on YouTube

https://www.youtube.com/watch?v=u0_1QBQ8Syk 5 min move (Ks1)

https://youtu.be/N7CX0_7sLTA 5 min move (Ks1)

<https://youtu.be/X655B4ISakg> Yoga 25 mins (Ks1)

<https://youtu.be/T8jl4RnHHf0> Daily exercise 20 mins (Ks1)

<https://www.youtube.com/watch?v=xbVr38Bhe7E> 5 min move (Ks1)

<https://www.youtube.com/watch?v=KqSzgzsDeaU> Fun Fitness (Ks1)

<https://www.youtube.com/watch?v=aZru-M3TUll> Sonic Boom workout 3 mins (Ks1)

<https://youtu.be/oc4QS2USKmk> KS 1 animated (9mins)

<https://www.youtube.com/watch?v=d3LPrhI0v-w> Joe Wicks schools workout 1 (5 mins Ks1/2)

<https://www.youtube.com/watch?v=SbFqQarDM50> Workout 2 (Ks1/2)

https://www.youtube.com/watch?v=L_A_HjHZxfI Kids workout beginners (16 mins KS1/2)

<https://www.youtube.com/watch?v=YIB2SJnBHBO> Joe wicks active 8 (Ks1/2)

<https://www.youtube.com/watch?v=EXt2jLRlaf8> Joe wicks active 8 (Ks1/2)

<https://www.youtube.com/watch?v=Q4PYNK9tDxM> Zumba dance 123 shake (Ks1/2)

https://youtu.be/YC_V8hnU2PY Spiderman workout 5 mins (Ks1/2)

<https://www.youtube.com/watch?v=5if4cjO5nxo> Family fun cardio 13 mins (Ks1/2)

<https://www.youtube.com/watch?v=emKoR6Mlr4I> Zumba "I like to move it" (Ks 1/2)

<https://www.youtube.com/watch?v=iN10xWbxr5Y> Zumba "Dance,Dance,Dance" (Ks1/2)

<https://www.youtube.com/watch?v=vhywSxY45Ac> Zumba "Wipe out" (Ks1/2)

<https://youtu.be/CCC4Iodpa54?list=PLZkbZTUXg4Kmfu94zPrYubofG4btKc0-C> Zumba "Fireball"
Ks1/2)

<https://youtu.be/kAXg3cM0UCw?list=PL2ncLjnEN-YIMehF790ODWx1da8v1VcXi> HIIT workout (10
mins) KS2

<https://youtu.be/lc1Ag9m7XQo?list=PL2ncLjnEN-YIMehF790ODWx1da8v1VcXi> HITT workout (30
mins Ks2)

<https://youtu.be/TBGOZlZ2-DY> Harry potter workout 5 mins (Ks2)