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/T8jI4RnHHf0 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-M3TUlI 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=YIB2SJnBHBQ 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)