Feel Fit Friday Workouts to be found on YouTube

<https://www.youtube.com/watch?v=kRw6sGwN4U4> Cosmic Kids Yoga. Great for all ages up to Yr 3. Loads of themes and sessions can last from 10 mins -30 mins. Need space ideally so hall is best.

<https://www.youtube.com/watch?v=u0_1QBQ8Syk> 5 min move with Joe wicks (Ks1)

<https://youtu.be/N7CX0_7sLTA> 5 min move Joe wicks (Ks1)

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

<https://youtu.be/T8jI4RnHHf0> Daily exercise 20 mins Animation and can be done in the classroom (Ks1)

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

<https://www.youtube.com/watch?v=KqSzgzsDeaU> Fun Fitness/flexibility Can be done standing behind chairs in classroom (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 long 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)

<https://www.youtube.com/watch?v=f6Rawjic2Rk> Low impact workout from Mr Jones!!

All the PE with Joe are also good for a longer workout/Pe session. Eg

[P.E with Joe | Monday 23rd March 2020 - YouTube](https://www.youtube.com/watch?v=Rz0go1pTda8)