



## PE Websites



There are lots of different websites all providing different activities to keep children active. Here are some of our favourites! 😊

### Chelmsford Schools Sport Partnership (Chelmsford SSP)

<https://www.chelmsfordssp.com/parent-zone/>



We work closely with Chelmsford SSP and they have created a tab on their website for parents offering activity ideas for both KS1 and KS2 children.

### Andy's wild movers

<https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts>



Andy takes you on a wild adventure around the world and gets you moving like some of the animals he meets.

### Cosmic Yoga

<https://www.cosmickids.com/category/watch/>



This website offers yoga activities to help with mindfulness and relaxation designed especially for children. Find a calm space and enjoy going on some different yoga adventures.

### Joe Wicks

<https://www.youtube.com/watch?v=d3LPrhIOv-w>



As well as his daily 30minute live workouts at 9am. Joe Wicks also has some shorter workouts for children that are 5minutes or 8 minutes long.

### Change 4 Life

<https://www.nhs.uk/change4life>



This website offers a wide range of activities. Including healthy recipes to try at home and ways for the whole family to stay active.