

Keeping Fit

Games and videos for kids

- [10 Minute Shake Up](#) - NHS Better Health and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10 minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! **Games include:**
 - [Elsa's Freeze Tag](#) - without her gloves, Elsa's touch can freeze anything. Keep moving to avoid getting frozen!
 - [Black Panther's Warrior Jump](#) - Have you got what it takes to leap as fast and fiercely as Black Panther?
 - [Bounce the Rat with Bruno](#) - Keep on your toes and get ready to bounce!
 - [Lightyear Games](#) - can you run as fast as Buzz Lightyear? To infinity and beyond!
- [Heart Rate Exercises Game](#) - Learn how to keep yourself healthy by discovering how different exercises such as walking and running can affect your heart rate. Ruby's heart rate will change as you make her sleep, sit, walk & run.
(Credit: [Science Kids](#))
- [PE with Joe Wicks](#)
- [Dino Yoga](#)
- [British Heart Foundation 10 minute living room workout](#)



Additional resources for teachers

- Dance Radio - [School Radio](#) provides three co-ordinated series that provide dance resources for KS1 and KS2 PE Lessons. The series develop from simple movements based on everyday experiences through to creating their own dances. It gets the children moving, as well as letting them be creative. There are also other series which look at combining music, dance and drama to explore a specific historical period or Computing curriculum.
- [Chance to Shine](#) - A bank of free resources for Primary and Secondary schools so that teachers can confidently lead their cricket sessions.



- [PE Resources Bank](#) - Free resources, include GCSE PE worksheets and questions, resources for netball, trampolining, basketball and more.
- [Youth Sport Trust](#) - Lots of free resources available, which you can filter by school level. There is also the option to filter by inclusion, leadership, physical activity or wellbeing.
- BBC Bitesize - The BBC Bitesize website has some resources on exercise, dance, balance and co-ordination, such as:
 - [Dancing - Early years Expressive Arts and Design - BBC Bitesize](#)
 - [1st level Physical Education](#)
 - [GCSE Physical Education](#)
- [NHS Better Health](#)
- [NHS Live Well - Exercise](#)
- [Healthier Families Activities](#)

