

## Useful websites and resources- PE

Park run – weekly 2km fun run or walk

<https://www.parkrun.org.uk/hanworth-juniors/>

Move while you learn supporting English and Maths

<https://www.bbc.co.uk/teach/super movers>

Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Yoga for children

<https://cosmickids.com/>

Boogie Beebies – Dancing for Early years

<https://www.bbc.co.uk/programmes/b006mvsc>

10 minute shake up based on Disney films

<https://www.nhs.uk/10-minute-shake-up/shake-ups> <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Information about Beat the Street – Get ready for the 2021 challenge – walk, run or cycle

[https://www.hounslow.gov.uk/news/article/777/beat\\_the\\_street\\_set\\_to\\_return\\_to\\_hounslow](https://www.hounslow.gov.uk/news/article/777/beat_the_street_set_to_return_to_hounslow)

Just dance 2021

<https://www.youtube.com/watch?v=bl7QZHza-E&t=11s>

<https://www.gonoodle.com/>

Cycle training

[https://www.hounslow.gov.uk/info/20053/transport/1985/cycling\\_in\\_hounslow](https://www.hounslow.gov.uk/info/20053/transport/1985/cycling_in_hounslow)

Daily Mile walk/run

<https://thedailymile.co.uk/parents-and-carers/>

Table Tennis - practice at home

<https://www.ttkidz.co.uk/play-at-home/>

Try the challenges we did for our school competition

<https://www.ttkidz.co.uk/tt-kidz-virtual-schools-championship-challenges/>