**KS2 PE ACTIVITIES**

**Keeping Active -**

**Try new ways and pick something that suits you**

The most important thing you can do, whilst you’re away from School, for yourselves and the PE Department, is keep active, fit and healthy. If you would like to share your progress with us, message a screenshot or photo to Instagram @oakfield\_academy\_pe or Tweet/DM us @Oakfield\_PE

**Using fitness & dance videos online**

Try some of the following links to different fitness videos for **FREE** on your phone, tablet or computer. Most could be done in a bedroom, lounge or small area. Some include ideas on how to make exercises easier or harder. To start with, do as much as you can of the video, then you will see much you improve the more you do them.

Choose which you like the best & try to do these a minimum of 3 times per week. Aim for 5 times.

**New additions to the list:**

1. Lots of you have already joined in with this one: **PE WITH JOE** Joe Wicks, Body Coach (30 minutes Monday – Friday at 9am). Let Oakfield PE Department know you’re doing it by commenting or liking us on Instagram or Twitter following the usernames above. Send us a photo too. To access the daily workouts ‘PE with Joe’, use the YouTube link below or search for @thebodycoach on Instagram or Twitter. You can do this anytime of day that suits you if 9am isn’t your thing.

<https://www.youtube.com/user/thebodycoach1>

**Existing Keeping Active Ideas:**

1. Kids Workout – Jumping Jax (26 minutes): <https://www.youtube.com/watch?v=dhCM0C6GnrY>
2. Kids Daily Exercise – Day 1 (21 minutes): <https://www.youtube.com/watch?v=T8jI4RnHHf0>
3. 10 Minute Home HIIT Workout: <https://www.youtube.com/watch?v=_vEgwLEFJXU>
4. Kids HIIT Workout 2 (31 minutes): <https://www.youtube.com/watch?v=lc1Ag9m7XQo>
5. Davina McCall – Aerobic fit (30 minutes): <https://www.youtube.com/watch?v=y4PG1fEeb1k>
6. Davina McCall – Top fit (30 minutes): <https://www.youtube.com/watch?v=hBL6GjJCGFM>
7. Kidz Bop Dance videos (34 minutes): <https://www.youtube.com/watch?v=sHd2s_saYsQ>

**Using apps on a phone or tablet**

Download **FREE** apps for a phone or tablet. ***Please do not pay to subscribe as the free options will keep you busy.*** Some may need an email to sign up and here’s some below

**New additions to the list:**

1. Downdog – Has lots of variations for Yoga/Pilates stretches from beginner to advanced and you can choose to focus on specific areas, e.g. back or flexibility.

**Existing App Ideas:**

7 Minute Workout apps

FIIT

Daily Yoga

YogaDay

