



Mind and body Fitness

A selection of resources to keep both the mind and body fit.

Well being

Go noodle - movement and mindfulness videos created by child development experts.



Smiling mind - You can't separate learning and wellbeing.

Wellbeing is essential for learning. With mindfulness, children are more focussed and more engaged learners

Young Minds- resources and materials for mental health & wellbeing.

Cosmic Kids- Yoga and Mindfulness for children

Childline – The Calm Zone has lots of ways to feel calmer.

Mindfulness Colouring—Free printable mindfulness colouring sheets.

Mindfulness Games- 55 Fun Ways to Share Mindfulness

Physical Education

Children aged 5 to 16 need to be active for at least an hour every day. A child under 5 years old needs three hours of activity a day.



PE Passport is something we already use in school to help deliver PE sessions. They have put together videos, ideas and activities that, if you are looking for something to do, will hopefully give you some different ways to stay active with your children.

Disney Dance-a-longs Dance routines to the songs you love!

Change for life everything you need to get your family moving

Jumpstart Jonny – Fitness videos for children and young people.

The Body coach Joe Wicks is set to host live PE sessions for children at 9.00am Monday to Friday via his You Tube channel.

Oti Mabuse is doing live dance lessons for children at 11.30am via her You Tube channel.