PE links

**PE with Mr P**
https://www.youtube.com/user/mattjparsons

**Boogie Beebies**
https://www.bbc.co.uk/programmes/b006mvsc

**Disney 10 Minute Shake ups**
https://www.nhs.uk/10-minute-shake-up/shake-ups

**Super Movers**
https://www.bbc.co.uk/teach/supermovers

**#This is PE**
https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/
https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL

**Premier Physical Online videos**

Dance  https://youtu.be/Oa607xFZKZQ

Football (dribbling skills)  https://youtu.be/qSHeLWE6tI

Yoga  https://youtu.be/SOdZrXNtDoc

Fitness (mobility exercises)  https://youtu.be/Ryf6yEluPiE

**Gymnastics (two parts - the second being a progression)**
1. https://youtu.be/-qRuOHnfTgQ
Jump Start Johnny
https://www.jumpstartjonny.co.uk/#/home

Go Noodle
https://www.gonoodle.com

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**TIMETABLE**

FREE sessions for people of all ages LIVE on Facebook

Join our fun themed sports skill sessions Live on Facebook at Sport Xtra Cardiff

Fun for all the family!

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<td>10am BST</td>
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