



KEEP NOTTINGHAM SCHOOLS MOVING!!!

NHS Couch to 5k training programme (when we are allowed to roam again)

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

This Girls Can Disney Dance Routines

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

PE with Joe Wicks on YouTube (This is very popular and very good!)

<https://www.youtube.com/watch?v=mhHY8mOO5eo&t=36s>

Youth Sport Trust Learning – PE at Home

<https://www.youthsporttrust.org/pe-home-learning>

Change4Life Activities

<https://www.nhs.uk/change4life/activities>

BBC Super Movers

<https://www.bbc.co.uk/teach/supermovers>

Get Set – Olympic Games Indoor Activities

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>