

Exercise

<https://family.gonoodle.com/channels/zumba-kids>

physical exercise

<https://family.gonoodle.com/channels/brainercise-with-mr-catman>

brain exercise

<https://family.gonoodle.com/activities/great-big-moose>

YouTube

PE with Joe.....Live at 9 o'clock or watch recorded versions. Aimed at KS1 children

CBeebies

Andy's work out.