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Online education resources for home education

PE and physical activity

Boogie Beebies

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Key stages: early years foundation stage

Description: videos that get younger children up and dancing with CBeebies presenters.

Registration: not required

Disney 10 Minute Shakeups

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Key stages: early years foundation stage to key stage 2

Description: 10-minute videos based on Disney films that count towards a child's 60 active minutes per day.

Registration: not required

Super Movers

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

Key stages: key stage 1 and key stage 2

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

Registration: not required

#ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 1 and key stage 2

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

Registration: not required