Useful PE Links

At St John Vianney, we encourage all children to be active beyond their PE lessons. Children should aim to achieve **at least 60 minutes of physical activity each day**. The websites below provide a range of fun, engaging and accessible activities that can be enjoyed at home, indoors or outdoors.

Youth Sport Trust

60 Second Physical Activity Challenges
Quick and fun physical challenges that can be completed at home or outdoors.
https://www.youthsporttrust.org/60-second-physical-activity-challenges

This Girl Can

Disney Workouts
Disney-themed dance and fitness activities designed to get children moving.
https://www.thisgirlcan.co.uk/activities/disney-workouts/

The FA SuperKicks

Football activities, games and challenges suitable for home or outdoor spaces.
http://www.thefa.com/get-involved/the-fa-superkicks

afPE - This Is PE

A range of PE activity videos designed to support children and families at home.
https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/

PE with Joe Wicks

Fun, energetic workouts suitable for children of all ages.
https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

NHS Better Health - Healthier Families

Activities, games and ideas to help children stay active and healthy.
https://www.nhs.uk/healthier-families/activities/

Cosmic Kids Yoga

Interactive yoga, mindfulness and movement sessions through storytelling and adventure.
https://cosmickids.com/

GoNoodle

Movement, dance and mindfulness videos designed to keep children active indoors.
https://www.youtube.com/@GoNoodle/videos

We hope these resources help children and families enjoy being active together while supporting healthy lifestyles and positive wellbeing.