

YouTube Physical Activities/Workouts

Click on the title of the clip below. For some of the links, you will need to press your Ctrl button as well.

CLIP	LENGTH	OVERVIEW
PE with Joe	30:55 min	High intensity workout. Good way to push yourself and perfect for your practical PE lessons. He seems to be releasing one workout a day, so perhaps you could challenge yourself to joining in with him.
7 Days of Sweat	25 minutes	This is from the same guy from the PE with Joe workouts. There are 7 videos to do – one each for seven days.
Kids Home Exercises: Workouts to Stay Active at Home	15:59 min	This is for primary aged children, but could be a fun workout to do with younger siblings who are also at home with you. It is from the Little Sports YouTube Channel and there are heaps of them to explore.
Yoga for Teens	20:55 min	This workout is suitable for any level of yoga. A great way to relax and stretch.
Kids Workout 1 Beginners	16:01 mins	This workout takes you through a beginning workout for kids of all ages, even teens and adults. It is a fun and healthy workout.
Kids Cardio Workout	10:02 mins	30 seconds workout followed by 20 seconds rest. This short but fun workout is perfect for 8 -16 year olds that want to get some exercise at home or for families that want to work out together. Easy to follow videos.
5 minute Move	5:49 mins	Feeling bored or tired? A good work out to get your body moving and refocused to get back to work. Would be a good workout to do between your online lessons.
Nut Bush Plank	2:33 mins	Another good workout for a quick break. Also a good challenge for you! Can you last the whole song?
7 Day Jump Start – Workout	29:41 mins	A tough workout – make sure you take care with the exercises. As the intervals get shorter, the movements get more intense. Pace yourself in the beginning and reserve your energy to max out in the last cycle!
7 Minutes Workout	9:04 mins	All you need for this one is a chair and a wall to do a wall sit. 12 different exercise, 30 seconds each. Once you get the hang of it, you could create your own workouts by changing the exercises.