**Leedon PE**

The following are suitable websites to encourage active routines into your day.

1. <https://www.jumpstartjonny.co.uk/> - free fitness workouts
2. <https://www.bbc.co.uk/teach/supermovers> - super movers is helping children get physically active with curriculum linked videos.
3. Just dance for primary - free you tube videos for primary age children to dance to.
4. Daily circuit challenge.
5. Jogging on the spot - 1 minute.
6. Star Jumps – 1 Minute
7. Skipping – 1 Minute.
8. Press ups – 1 minute
9. Plank – 1 minute.

Children may wish to adapt the timings of the circuit.

Have fun and keep active!