



## UKS2 P.E.

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Below we have listed a range of video links that you can follow on different days for different amounts of times. You might wish to alternate between Stretching and Yoga and we have identified the areas you will need to be in to enable you to complete these tasks.

Have fun and keep healthy.

### **Warm up/ Activity**

<https://www.youtube.com/watch?v=UFKf4X0pyKs> (30 minutes)

<https://www.youtube.com/watch?v=1cDiwnOcgOQ> (5 minutes)

<https://www.youtube.com/watch?v=VR1pz43N7gg> (45 minutes)

<https://www.youtube.com/watch?v=MFAT6PUfYPM> (25 minutes)

<https://www.youtube.com/watch?v=h5PpLvMvW2s> (6 minutes)

### **Stretching & Yoga**

<https://www.youtube.com/watch?v=vMMRb10LtGM&feature=youtu.be> (33 minutes)

<https://www.youtube.com/watch?v=iIHcWmplHsw&feature=youtu.be> (20 minutes)

<https://www.youtube.com/watch?v=1y-3pGVVQkE&feature=youtu.be> (23 minutes)

### **Mindfulness**

<https://www.youtube.com/watch?v=5vI8Kh3-epg&feature=youtu.be> (10 minutes)

<https://www.youtube.com/watch?v=fkgzQsxdn9I&feature=youtu.be> (10 minutes)

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk&feature=youtu.be> (3 minutes)

<https://www.youtube.com/watch?v=Cp7pnHCY94U&feature=youtu.be> (10 minutes)