

Willmott Park Primary School – Movement @ HOME Resource

In addition to the Physical Education activities we will be providing, please use this document to provide extra opportunities of movement and active play for your child over this extended break. All of these resources have been created and shared by different Health and P.E. Teachers from around the world. Most require little to no equipment. For those requiring equipment, if you do not have the items feel free to use what you have or modify as needed.

YouTube Fitness/Activity Channels

- **Superhero Battles**
 - Similar to Glenn Higgins Fitness, this YouTube video asks students to choose sides based on their favourite superheros and complete the battles based on their selections.
 - <https://www.youtube.com/watch?v=1HuFAkhPeKQ>

If you have some time you are quite welcome to go into these links and try some of the other fitness workouts

- **Glenn Higgins Fitness (Star Wars and Superhero workout videos)**
 - Use the link below and find a video that suits your child's interests. Children can follow along to the workout video.
 - <https://www.youtube.com/playlist?list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa>
- **Little Sports (YouTube)**
 - Little Sports has a variety of workout videos that children can follow along to.
 - <https://www.youtube.com/channel/UCTlwFB4ciFi5ZClu-VlwaOg/featured>
- **Just Dance (YouTube)**
 - YouTube has a selection of videos if you search "Just Dance", where children can follow along to the dance moves on the screen with the music.