

## PE Resources

Here at Sacriston Academy, we know the importance of keeping fit and healthy. Please find below a list of websites that have some fantastic keep fit activities and video for you to try at home.

Remember to drink lots of water to keep yourself hydrated during and following exercise.

If you like **dancing**, try this link:

<https://www.youtube.com/user/saskiasdancsschool>

If **Yoga** is your thing, or try it for something new, these links will help:

<https://www.cosmickids.com/>

<https://apps.apple.com/us/app/wuf-shanti-yoga-fun-machine/id1296345752?ls=1>

<https://apps.apple.com/us/app/super-stretch-yoga/id456113661>

If you prefer **general fitness**, prepare to give yourself a real work out with these links:

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.jumpstartjonny.co.uk/free-stuff>

<https://durhamcls-ssp.co.uk/home-resources/>

Have fun and enjoy!

