

Les Mills



Les Mills Gyms is offering free online classes broadcast on TVNZ at 9am and 3pm every day and on TVNZ On Demand. The 3pm class is designed specifically for children and teenagers. Check it out here:

<https://www.tvnz.co.nz/shows/les-mills-born-to-move>

Joe Wicks PE



Personal training YouTube sensation, Joe Wicks, delivers a PE class for children every day featuring exercises kids can do easily in the living room. Check it out here:

<https://www.youtube.com/watch?v=Rz0go1pTda8&list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI&index=2&t=0s>

Cosmic Kids Yoga



A YouTube channel that offers yoga classes designed especially for kids. Take a look:

<https://www.youtube.com/user/CosmicKidsYoga/featured>

Go Noodle



More than 14 million kids can't be wrong. That's how many use GoNoodle videos to get fit at home through dance, movement, stretching, running and jumping.

Take a look here:

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

<p>Seated Dance Fitness</p> <p>Sit Down AJ - You Tube https://www.youtube.com/watch?v=4zww0h9cHu0</p> <p>https://www.youtube.com/watch?v=KwRzMLUglzY</p> <p>https://www.youtube.com/watch?v=J6Ar5avpVXA</p>	<p>PE Fitness</p> <p>Stretches and exercises for all levels (including wheelchair uses). See part 1,2 and 3 https://www.youtube.com/watch?v=zTBBVJsksal https://www.youtube.com/watch?v=lQOilFnoyfc https://www.youtube.com/watch?v=HbCJEL55VZc</p>	<p>Jump Jam Fitness for young children</p> <p>tiNiWorld - Gummy Bear Song and Dance https://www.youtube.com/watch?v=vU7ERmMGzU</p>	<p>School Based Physical Therapy (SBPT) links</p> <p>SBPT Perspectives group has been hard at work on documents to support School PTs...including a Telehealth/Synchronous Learning Toolkit to help therapists plan, execute and document their telehealth sessions. Everything is below and all sourced at https://sites.google.com/view/sbptco-vid-19perspectives/home. (They are all open access)</p> <p>Physical activity at home Preschool https://drive.google.com/file/d/1racYtPw_guflj3LWA_jqjf0nGI4KL-W4/view Elementary age https://drive.google.com/file/d/1yZm_ks0s2O6oxqNXFbbchM1kFefp8Ee2/view Secondary https://drive.google.com/file/d/1ohEb_pCYN1aGeCf6H1tRlqWI7VhJeigV6/view</p>
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