

PE Lessons with Joe Wicks



A screenshot of a YouTube playlist page. The main video thumbnail shows a woman in a green shirt in a classroom setting, with a pink circle containing the number '1' and a pink banner that says '5 MINUTE MOVE'. Below the thumbnail is the title 'Kids Workouts To Do At Home', '18 videos • 2,227 views • Updated yesterday', and a 'SUBSCRIBE' button. To the right, a list of six videos is shown, each with a thumbnail, a number in a pink circle, a title, and a duration. The titles are: 1. '5 Minute Move | Kids Workout 1 | The Body Coach TV' (5:50), 2. 'Kids Beginners Workout | The Body Coach' (16:13), 3. '5 Minute Move | Kids Workout 2 | The Body Coach TV' (5:40), 4. '5 Minute Move | Kids Workout 3 | The Body Coach TV' (5:57), 5. 'Active 8 Minute Workout 1 | The Body Coach TV' (8:32), and 6. '5 Minute Move | Kids Workout 4 | The Body Coach TV'.

1. Visit The Body Coach TV on www.youtube.com
2. Scroll down to 'Kids Workouts To Do At Home'
3. Here you will find 5-8 minute videos that you can try at home!
4. He will also be doing LIVE PE sessions for kids Monday to Friday at 9am. Look out for these on each day!