

# PE Lessons with Joe Wicks



A screenshot of a YouTube playlist page. On the left, there is a video player showing a woman in a green shirt in a classroom setting. Below the player, the title "Kids Workouts To Do At Home" is displayed, along with "18 videos • 2,227 views • Updated yesterday". Below this is a share icon, a "The Body Coach TV" channel name, and a red "SUBSCRIBE" button. On the right, a list of six videos is shown, each with a thumbnail, a number, a title, and a duration. The titles are: "5 Minute Move | Kids Workout 1 | The Body Coach TV", "Kids Beginners Workout | The Body Coach", "5 Minute Move | Kids Workout 2 | The Body Coach TV", "5 Minute Move | Kids Workout 3 | The Body Coach TV", "Active 8 Minute Workout 1 | The Body Coach TV", and "5 Minute Move | Kids Workout 4 | The Body Coach TV".

1. Visit The Body Coach TV on [www.youtube.com](https://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!