

Remote Learning

Keeping Fit & Healthy

Try these resources on your computer at home.
Search for them on your web browser.



All Years

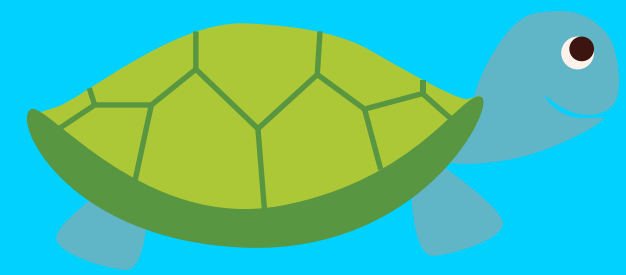
Wake Up Shake Up –
School Assembly Song

Years 1 & 2

Action Dance Songs for Kids
'Rock & Learn KS1'

Action Songs for Kids
'Alphabet Freeze Dance for Kids'

Wake Up Shake Up **'Under the Sea'**



Nursery & Reception

'Lulu's Shake Break - Pancake Manor'
(Pre-school/ Nursery)

'Shake your Sillies Out'

'The Wiggles: Can You'
(Point your fingers and Do the Twist)

'Baby Shark/Sing & Dance'



Years 3 & 4

Wake Up Shake Up
'Under the Sea'

Zumba Kids **'Easy Dance - I like to move it'**

Zumba Kids
'Old Town Road'

YouTube – **'Would you Rather?? Workout'**
At Home

Fun Fitness Activity



Years 5 & 6

YouTube:

- **'Dance & Fitness with Paul Eugene'**
- **'Kids Work Out 3'**
- **'NTV/Go Noodle Achy Breaky Saloon'**