

Virtual PE Streaming and Online Videos

The Body Coach - Joe Wicks



The Kids Coach



Coach Josh Kids Fitness



SworKit Kids App



Moovlee Yoga



I Am Love: Kids' Yogaverse

As your kids strike each of the thirteen yoga poses and breathing techniques featured in this yoga-focused app, they'll gain flexibility and strength. They'll also be more centered and calm thanks to soothing music.

Cosmic Kids Yoga



Kidz Bop Dance Along



Just Dance



GoNoodle Kids



Teachers love to use the Go Noodle Kids app to get kids moving in the classroom. Interactive videos combine movement with mindfulness, helping kids center themselves for learning. The modules are short, making GoNoodle ideal for kids that need a quick energy boost through exercise.