

## PE Resources

The Body Coach -

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

Accessible activities

- <https://www.nhs.uk/change4life/activities/accessible-activities>

Disney Dance alongs

- <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Change for Life -

<https://www.nhs.uk/change4life/activities/indoor-activities>