**CORE NI PE and Wellbeing Portal**

**Video Links**

**Foundation**

***Games***

Body Part Call Out <https://vimeo.com/451766576/a19dca9a1b>

TV Channel - <https://vimeo.com/468458459/2c7ad2a2cf>

Morning Routine - <https://vimeo.com/474340994/9f57eb13d>1

***Athletics***

Jumping and landing - https://vimeo.com/453437144/8c963b5f5f

***Gymnastics***

4 point balance - <https://vimeo.com/455593464/8b47ab5983>

The world around us - <https://vimeo.com/467495119/ab259bff6e>

***Dance***

ABC’s part 1 - <https://vimeo.com/459972949/01b3d9eb53>

ABC’s part 2 - <https://vimeo.com/460054452/4cb57f3bc0>

**Key Stage 1**

***Games***

Body Part Call Out <https://vimeo.com/451766576/a19dca9a1b>

TV Channel - <https://vimeo.com/468458459/2c7ad2a2cf>

***Athletics***

Throwing & Catching - <https://vimeo.com/451655104/ad7adb3570>

Jumping and landing - https://vimeo.com/453437144/8c963b5f5f

***Gymnastics***

Gymnastics 2 points - <https://vimeo.com/455622495/dcc78d3435>

***Dance***

Hip hop part 1 - <https://vimeo.com/459974606/2fdf5dd9ba>

Hip Hop part 2 - <https://vimeo.com/460094551/440aa12934>

**Key Stage 2**

***Games***

Strength Movements - <https://vimeo.com/476833819/d941665283>

***Athletics***

Running Technique - <https://vimeo.com/453419441/5ee122fa39>

***Gymnastics***

Gymnastics 2 points - <https://vimeo.com/455622495/dcc78d3435>

***Dance***

Robot part 1 - <https://vimeo.com/460079801/f034b14925>

Robot part 2 - <https://vimeo.com/460085982/75736d06e0>

**Wellbeing**

***Breathing***

Mindfullness breathing - <https://vimeo.com/459131872/e7e169ab71>

Hand breathing - <https://vimeo.com/474340343/a175b7b0d0>

***Story time with Annette - Foundation***

Have you filled your bucket today? - <https://vimeo.com/489589364/7e8fe75af7>

The invisible string - <https://vimeo.com/489586840/18995f1ed9>