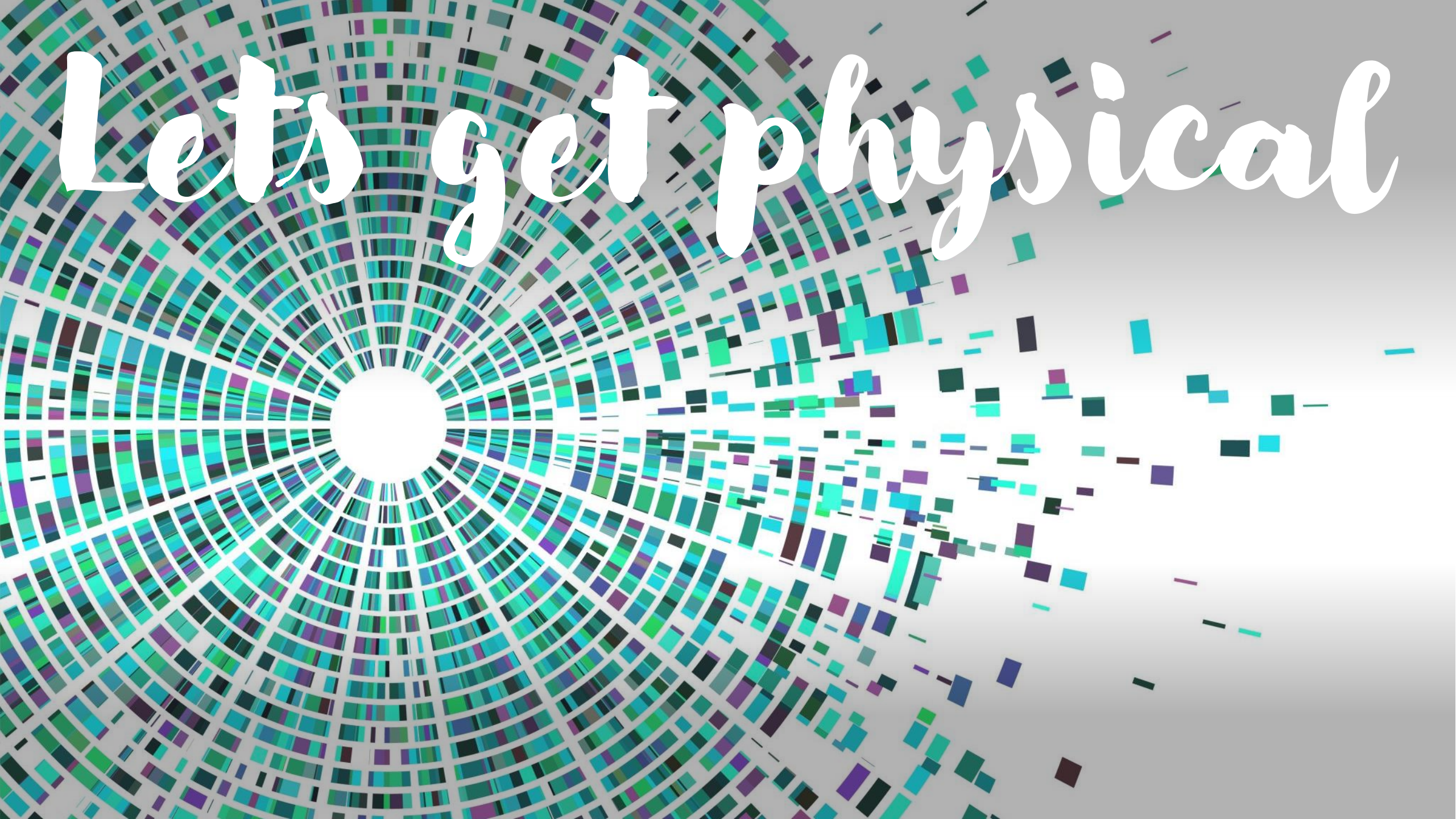


*Lets get physical*



## [PE with Joe](#)

Joe from Body Coach TV has adapted his training to suit active kids and young people with free home workouts no matter what their fitness levels – try PE with Joe in your own loungeroom

## [The OT Toolbox](#)

Here, you will find resources, tools, ideas, and activities geared toward the healthy development of kids. Based on function and occupation-centered activities, the ideas shared on this site promote the underlying skills needed for action and performance in kid.

## [GoNoodle](#)

Help get kids moving with short interactive activities.

## [SworKit Youth Initiative](#)

A variety of fun kids workouts to help get those wiggles and giggles out or use them as a warm-up/cooldown for more vigorous activity.

## [Cosmic Kids Yoga](#)

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

## [Playing for Life](#)

Fun and active games to develop children's skills, confidence and lifelong interest in sport – developed by the Australian Institute of Sport

## [No Limits Basketball](#)

Providing free daily drills and skills clinics at 6pm.