



Durham and Chester-Le-Street SSP
 Durham University Sport and Well Being Park
 Maiden Castle
 Durham University
 Stockton Road
 DH1 3SE

Durham & Chester-le-Street School Sport Partnership
 Working in collaboration with Durham Sixth Form Centre

Links to Dance Fitness Videos/ Websites

	<p>Jumpstart Johnny - https://www.jumpstartjonny.co.uk/home - Fun, energetic workouts to music</p>	<p>https://www.jumpstartjonny.co.uk/free-stuff -6 FREE VIDEOS then schools can sign up for FREE 14 day trial</p>
	<p>https://justdancenow.com/ Instantly access the world of Just Dance. Play the world's favourite dance video game without a videogame console! All it takes to turn any room into a crazy dancefloor is an internet-connected screen and a smartphone to use as a controller! Experiencing the fantastic world of Just Dance has never been so easy and fun!</p>	<p>Free Trial Available (Smart phone need) Connect the app to your tv, computer to play at home</p>
	<p>Dance2Fit: Home dance2fitwithjessicabass.com Dance your way to fitness with Dance2Fit! Enjoy a fun ... Livestream Jessica's fast selling dance workout videos directly on your computer or mobile device.</p>	<p>7-day free trial available</p>
	<p>https://www.youtube.com/user/saskiasdansschool American dance school who produce lots of Fun dance fitness routine for you to join in and dance along too. Stick to the Easy Kids videos.</p>	<p>No Cost Select the Easy Kids videos.</p>
	<p>https://www.cosmickids.com/ Yoga site with videos and links to activities</p>	<p>Access for Free</p>