



Aga Khan Education Board for Kenya

PE CHANNELS TO GET YOU MOVING!

Click On The Icon To Access The Videos



Cosmic Kids Yoga

With guided relaxation, mindfulness and yoga adventures, your kids will learn the basics of yoga in a fun way. They'll enjoy this gentle introduction to yoga and peacefulness.

20 Online

This set of 4 exercises is a great introduction to fitness for kids. The 20-minute workouts are challenging but not too hard for kids to feel like they are making progress.

Debbie Doo Kids TV

Younger kids will love boppin' around with Debbie Doo. She's got all kinds of fun songs that make living room dance parties all the rage! From "Five Little Monkeys" to "Wheels on the Bus," she adds her fun spin to each song, encouraging kids to hop, bounce, balance and so much more!

Dance Exercise

Follow along as your kids fall in love with the Twist, the Chicken Dance, the Washing Machine and more fun dances. The YouTube videos are short and sweet, as they are a preview of a dance exercise DVD, but there is plenty there to make them sweat.



Go Noodle

The fun (and sometimes straight-up goofy) songs make the kids laugh and be-bop around. The videos are perfect for releasing some pent-up energy without getting too crazy.



The Kiboomers

Funky Monkey, Freeze Dance, counting songs and so much more make this a great channel for younger kids. They'll enjoy the holiday songs, as well as classics.



Power Girl Fitness

Geared at older kids, these fun girls will introduce your kiddos to kickboxing, dance, stretching, crunches and even nutrition. This one is definitely for the older crowd, as it's more of an actual work-out than a way to simply release energy.



Move to Learn

Kids will refresh their syllables, geography, solar systems, multiplication and more with this fun channel. Kids will get moving while dancing around with the fun students and teachers in this video channel.