

Staying Active at Home - P.E during the 'lockdown'

Please see below just some of the many ways you can help your child/ren stay active.

This will not only help keep your little ones healthy, but will work wonders for their emotional and mental health too!

Many of these activities can also be used prior to school-work sessions to help focus their minds and improve cognition.

About	Provider	Website
30 minute DAILY WORKOUTS STREAMED ONLINE and led by Joe Wicks.	Joe Wicks - The Body Coach	https://www.youtube.com/watch?v=d3LPrhIOv-w
DANCE ALONG TO TOP TRACKS on YouTube. Chn can get the whole family involved as they break out a sweat to their favourite tunes.	Just Dance	https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg
10 MINUTE 'SHAKE-UP GAMES' inspired by Disney and Pixar (Great for KS1).	The NHS (Change4Life)	https://www.nhs.uk/10-minute-shake-up/shake-ups
'ENERGISERS', 'CHALLENGES' and 'CHILLOUTS' -Short videos with the aim to get children active or help calm them.	Jumpstart Jonny	https://www.jumpstartjonny.co.uk/free-stuff
YOGA, MINDFULNESS & RELAXTION designed especially for children aged 3+.	Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga
ACTIVE CHALLENGES set within a designated School Games version of the TopYa! Active app. New challenges available every Mon, Wed and Friday.	A national activity campaign & TopYa!	https://www.yourschoolgames.com/coronavirus-support/
LIVE FITNESS SESSIONS Every Saturday at 9.30am	A-Life	https://www.youtube.com/channel/UCPB4_PJ4Ly-LO-qRyv9MCjQ
DAILY FUN ACTIVE MISSIONS designed to help kids unlock 60 minutes of daily physical activity.	UK Active Kids	http://ukactivekids.com/movecrew/
60 SECOND PHYSICAL ACTIVITY CHALLENGES A range of fun 'compete against yourself' activity cards and videos for physical activity with a focus on resilience and perseverance.	Youth Sport Trust	https://www.youthsporttrust.org/60-second-physical-activity-challenges

