

A range of Physical Activity ideas to do inside your home

- **Kids full workout 25 minutes**
<https://www.youtube.com/watch?v=dhCM0C6GnrY> Can anyone complete the full workout?
- **Kids specific Body Coach**
<https://www.youtube.com/watch?v=d3LPrl0v-w> Designed and aimed at kids
- **Games and active learning** <https://www.nhs.uk/10-minute-shake-up/shake-ups> Easy to follow Shake Up Games
- **Just Dance - YouTube** A wide selection of dance activities that children love.
- **Online exercise - please use this to access various activities**
<https://www.gonoodle.com/> Our children love to exercise and we want them to continue their developing knowledge of why exercise is so vital to our well being
- **BBC Super movers - KS1 and EYFS**
<https://www.bbc.co.uk/teach/supermovers> These activities can be core subject based or just for fun. Please explore and enjoy
- **The Body Coach - KS2**
<https://www.youtube.com/watch?v=5nZ2iBGvFhE> Use the body coach as a daily fitness activity - aim for 30 minutes
- **Disney Dance with This Girl Can**
https://www.youtube.com/watch?v=rLfsP_G7m4c Get active to Disney
- **Sport England - advice on keeping active**
<https://www.sportengland.org/news/how-stay-active-while-youre-home>
Please see this link for activities to perform at home
- **Imoves provides plenty of active learning - FREE trial required**
<https://imoves.com/> Go Pro activities included. Suitable for all ages
- **National Trust** <https://www.nationaltrust.org.uk/50-things-to-do>