

Ideas & Resources for Physical Activity

The links below have some ideas and resources to help children and young people increase their physical activity. To learn about the benefits of physical activity and the recommended guidelines follow this link:

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Ideas and Resources for Physical Activity at Home

Active Kids Do Better: A website with home physical activity ideas as well as videos that you can put together to create a mini workout.

<https://www.activekidsdobetter.co.uk/>

The Body Coach (The Body Coach TC YouTube Channel): Joe Wicks shares kid friendly workouts available on The Body Coach TV you tube channel. Kids Workouts To Do At Home Playlist: <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

Cosmic Kids Yoga: Child friendly yoga and mindfulness programmes available free on YouTube. Great for primary school kids of all ages. YouTube Channel:

<https://www.youtube.com/user/CosmicKidsYoga>

Dance class with Oti Mabuse & Marius Iepure (YouTube, Oti Mabuse Official): Check out this YouTube channel to find child friendly dance classes.

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YtTP4g

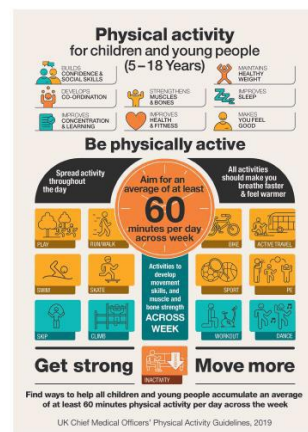
Go Noodle (available on line or through a free app): videos with exercise routines, dance tutorials, movement games, and relaxation activities. <https://www.gonoodle.com/>

10 Minute Shake Up (from Change4Life and Disney): these 10-minute videos are a fun way to encourage movement and physical activity: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Safefood share 20 offline games to keep kids active indoors or out:

<https://www.safefood.eu/START/Healthy-Living/Active-play-and-games-ideas.aspx>

Ready Set Ride: A free website with tips for learning to ride a bike, including movement activities to practice the skills required for cycling. <https://readysetrider.co.uk/>



Always supervise children when they are using the internet to keep them safe.

Consider using YouTube Kids

