

# Be active! Be healthy!

Are you looking for ways to keep your children active? Check out some of these ideas!



## Cosmic Kids – Youtube channel

Perfect for videos of **yoga, mindfulness and relaxation**. Designed for children as young as 3!



## BBC Supermovers

A website jam-packed with **fun videos** which link to your child's learning and **getting them moving**. This is a firm favourite with teachers! Suitable for children of all ages – this will support their physical health and keep them learning!



## Joe Wicks – The Body Coach Youtube channel

From Monday, Joe Wicks will be posting **daily PE lesson style workout** routines – perfect to keep your children active! Posting every day at 9am. There's workouts for kids and adults on this Youtube channel!

There's so many amazing videos on Youtube to check out! If your child loves dancing, check out **Just Dance or Zumba Kids** tutorials.



## Get Set 4 PE – Twitter account

@GetSet4PE will be posting a **daily active challenge** every day on their twitter feed every day of school closures!



## GoNoodle – Youtube channel

Perfect for videos to keep your children moving! They're entertaining and sometimes quite fun! There's a **massive range on videos available**, so check it out. Suitable for children of all ages.

## Youth Sports Trust - website

Youth Sports Trust are compiling resources to use at home to support you and your children to stay active during this time. These resources will be updated regularly.



**Remember it is just as important to keep your child moving as it is to keep them thinking and reading. Do a little bit of physical exercise every day! Our bodies need to be looked after as well as our brains!**

