**Keeping Active at Home**

**Here are some ideas you could try at home with your family**:

**The Bodycoach - Daily Workouts; Active 8s and 5 minute Moves**

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Joe Wickes, the Bodycoach, leads “Active 8” and “5 minute move” workouts for children on his youtube channel. **He is also holding LIVE PE lessons during the school closure at 9.00am Monday to Friday on his YouTube channel for children of all ages.**

**Jump Start Jonny**: Get Children Active

<https://www.jumpstartjonny.co.uk/free-stuff>

Jump Start Your Day With JSJ! **Jump Start Jonny** is on a mission to get kids fit! His fun workouts and chill-out videos are loved by over 250,000 Jumpsters

**imoves**

<https://imoves.com/the-imovement>

Lots of Quick Blasts (2 minute activities) on there, as well as Active Blasts with supporting activities (i.e. worksheets to support literacy and maths).

**GoNoodle**

[www.gonoodle.com](http://www.gonoodle.com)

**GoNoodle**® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home and everywhere the kids are! Also a brand new way to experience GoNoodle with GoNoodle Games, a free app created to get kids moving at home and on the go!

• **Super Movers - BBC Teach**

<https://www.bbc.co.uk/teach/supermovers>

**Super Movers** is helping children across the UK to get physically active with curriculum linked videos e.g. times tables

• **Sanford Fit**

<https://fit.sanfordhealth.org/>

**fit** is a health activation program from **Sanford** Health, developed to empower children and parents to make healthy lifestyle choices.

**Active games to play at home :**

Discovery Education

<https://www.activekidsdobetter.co.uk/active-home>

E.g. games to play inside / at home with the family

‘Like Ping Towel Pong’ (printable games)

Skip2BfiT How many skips can you do in 1 minute See if you can beat your score each day

Who is the top skipper in your family

**Have fun and stay active!**