



Being Active at Home

Just Dance – Dancing to your favourite music! Go onto Youtube and type in 'Just Dance For Kids' and hundreds of videos are available. Simply select your favourite and mirror the characters on screen!

Cosmic Kids!- A place for stories, yoga and fun! Cosmic Kids tells stories in a fun interactive way through yoga and relaxation, helping strength, flexibility and mindfulness.

Head to Youtube and type in 'Cosmic Kids Yoga' and select an adventure!

Supermovers – Helping children to get physically active with videos which help you learn literacy and maths whilst having fun at the same time. The BBC teamed up with the Premier League to bring you these fun activities for children of all ages.

GoNoodle – Engages children with movement and mindfulness. There's a range of workout videos, dance videos and some will get your brain working!

www.bbc.co.uk/teach/supermovers

www.gonoodle.com

Joe Wicks 'The Body Coach' – Starting on Monday at 9am on 'The Body Coach' Youtube channel Joe will be the nations PE teacher, it's a workout specially designed for children everyday Monday to Friday.

This Girl Can – Has teamed up with Disney to create dance routines to help mums get active with their children. Capturing ways in which families can get moving to the songs they love.

www.thisgirlcan.co.uk