Keeping Fit and Healthy at Home

It is really important that we all remember to keep our bodies moving in the next few weeks. Luckily, there are lots of really fun activities available online that can be done anywhere!   
Below are some suggestions.

**Joe Wicks: PE with Joe on Youtube:**

Everyday at 9am Joe Wicks is doing a live youtube PE lesson to get everyone’s day started! You can also watch ones from previous days at any point.

<https://www.youtube.com/results?search_query=Joe+wicks+PE+lesson>

**60 Second Challenges:**

How many can you complete?

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

**New PE games to learn!**  
<https://www.youthsporttrust.org/pe-home-learning>

**Active learning activities:**

<https://www.youthsporttrust.org/active-learning>

<https://www.youthsporttrust.org/active-breaks>

**BBC PE Daily Lessons:**

From 20th April the BBC will be releasing daily lessons in all subjects including PE

<https://www.bbc.co.uk/bitesize/articles/zn9447h>

**Change4life:**

<https://www.nhs.uk/change4life/activities>

There are 10 minute active challenges that can be done at home, and they have also got some **healthy recipes** for children to have a go at!

**Go Noodle:**

Fun dance routines to learn (you can create an account for free)

<https://www.gonoodle.com/>

**Just Dance on Youtube:**

The well-known game where children can dance along

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

**Cosmic Kids Yoga on Youtube:**

Fun and relaxing yoga with lots of different stories

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

**Yoga with Adriene on Youtube:**

There is a 30 day yoga challenge & some child based sessions

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>