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!

**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!

**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.

**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!

**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!

**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!**