

Being active over this period is going to be more important than ever. I have put together some websites which you or your child can access to stay active. Also, all of the national trust parks have opened their gates for free, so if you can get out then this is also an option. I have attached a picture at the bottom of a page of a circuit which you can follow. This is another great way to stay active without the need of any external resources.

www.family.gonoodle.com

- This website is very good for all ages. There are lots of activities including, Mindfulness activities, workouts and stretches. You can create your own account or play as a guest.

<https://www.manchesterschoolspe.co.uk/how-to-stay-active-at-home-alphabet-fitness-bingo-35-days-of-workouts-for-home/>

- This link has many great resources especially for the older children; however, children in EYFS & KS1 will be able to access some. This link includes activities to keep children active for 35 days. It includes all resources, which are printable or downloadable.

<https://homelearning.primarypepassport.co.uk/#/videos>

- Another great resource for all children. Includes not only fitness ideas but also fundamental skills, including, throwing/catching.

<https://www.youtube.com/user/thebodycoach1/videos>

- YouTube is a great resource with millions of ideas and fun videos to stay active. I have attached Jo Wicks' (The body coach) channel who has posted many HIIT (High intensity interval training) videos aimed at children.

Circuit training ideas... 1 minute exercising and 30 seconds rest... This circuit can be completed once, twice or three times. Make sure you rest in between sets.

