

Get up and Get Active!



For the younger ones (Reception and Ks1)

Boogie Beebies

Website: <https://www.bbc.co.uk/programmes/b006mvsc>

Moovelee

Website: https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg

Moovelee videos are perfect for toddlers who need to stretch and move while stuck at home. Friendly animated monkeys guide little ones through video workouts based on yoga and meditation practices, as well as more traditional workout skills like running and stretching. Kids can follow along with videos about superhero yoga or dodge the monsters in order to keep their body moving.

Are you a Disney fan? Then why try these 10 minute Disney shake ups.

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Key stages: early years foundation stage to key stage 2

Description: 10-minute activities based on Disney films that count towards a child's 60 active minutes per day.

Why not make your daily walks count. Sign up to the Walk/jog/run a mile a day a challenge.

Lots of exciting activities are also included on their website

<https://thedailymile.co.uk/>

1. Cosmic kids (yoga)
2. GoNoodle
3. Alo Yoga
4. Going on a bike ride, roller skating, running/jogging.
5. Design your own exercise workout (like Joe Wicks)



Lessons taught LIVE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Key stages: key stage 1 and key stage 2

Description: videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.