Keeping Active

At least 60 minutes a day.

This can be all at once or throughout the day.

3 x 20 minute sessions (brain/active breaks)

2 x 30 minute sessions

This is PE – an AMAZING site to develop skills and keep you fit using items in your home.

https://www.yorkshiresport.org/get-active/thisispe/

Try this one: fast feet and all about agility

https://www.youtube.com/watch?v=IaNjXnB-79U&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=11&t=0s

Daily Mile at home – These are from the Summer term but still effective.

https://thedailymile.co.uk/at-home/

Just dance – explore the many videos, learning routines and following a rhythm and beat.

https://www.bing.com/videos/search?q=just+dance&qpvt=just+dance&FORM=VDRE

Cosmic kids – calm it down with a bit of yoga and stretching

https://cosmickids.com/