

BEING ACTIVE AT HOME

Stuck in the house? No worries! If you have a device with access to the internet, then these awesome activities can keep you entertained for hours! Remember to ask your adult's permission before using the internet. Or even better, ask your adults to join in with you!

JUST DANCE

WHO DOESN'T LOVE TO DANCE TO THEIR FAVOURITE MUSIC? JUST DANCE IS A FANTASTIC WAY TO PLAY GAMES WHILST EXERCISING! IF YOU DON'T HAVE ACCESS TO THE GAME ITSELF, GO ONTO YOUTUBE AND TYPE IN 'JUST DANCE FOR KIDS' AND LOOOOOOOOADS OF VIDEOS COME UP. SIMPLY SELECT YOUR FAVOURITE AND MIRROR THE CHARACTERS ON THE SCREEN! SINGING NOT ESSENTIAL BUT CERTAINLY RECOMMENDED!

MOVEMENT POWERS CHANGE!
GONOODLE ENGAGES 14 MILLION KIDS EVERY MONTH WITH MOVEMENT AND MINDFULNESS VIDEOS AND IT IS AVAILABLE FOR FREE AT SCHOOL, HOME, AND EVERYWHERE KIDS ARE! THERE'S A RANGE OF WORKOUT VIDEOS, DANCE VIDEOS AND SOME WILL GET YOUR BRAIN WORKING!

WWW.GONOODLE.COM

GoNoodle



ONE OF OUR SCHOOL'S FAVOURITE ACTIVITIES WHICH HELPS OUR STRENGTH, FLEXIBILITY AND MINDFULNESS! COSMIC KIDS TELLS STORIES IN A FUN INTERACTIVE WAY THROUGH YOGA AND RELAXATION! SIMPLY HEAD TO THE WEBSITE ON YOUTUBE 'COSMIC KIDS YOGA' AND SELECT THE VIDEO YOU WANT! THERE'S SHORTER VIDEOS, LONGER VIDEOS AND DIFFERENT VIDEOS FOR ALL AGES! NAMASTE.

WWW.COSMICKIDS.COM

COSMIC KIDS!

Welcome to Cosmic Kids, your place for stories, yoga and fun

SUPER MOVERS

SUPER MOVERS IS HELPING CHILDREN ACROSS THE UK TO GET PHYSICALLY ACTIVE WITH VIDEOS WHICH HELP YOU LEARN LITERACY AND MATHS WHILST HAVING FUN AT THE SAME TIME! THE BBC PAIRED UP WITH THE FOOTBALL PREMIER LEAGUE TO BRING YOU THESE FUN ACTIVITIES FOR CHILDREN OF ALL AGES! THERE'S SOMETHING FOR YEARS 1 ALL THE WAY UP TO YEAR 6!

WWW.BBC.CO.UK/TEACH/SUPERMOVERS