



<https://www.nhs.uk/10-minute-shake-up/shake-ups#uHJwG01eqgflsztQ.97>

Disney **Wake Up Shake Up** games. Provided by the NHS, here are lots of short games to keep children active and engaged to coincide with some of their favourite movie characters.



<https://www.bbc.co.uk/teach/supermovers>

BBC Supermovers. Lots of active learning opportunities from Maths to English and a whole range of other subjects. A great learning resource to keep working on spellings, times tables and other areas of the curriculum, as well as getting physically active.



<https://www.gonoodle.com/>

GoNoodle has numerous videos to dance along and learn to, along with some mindfulness videos to bring calm in stressful times!



<https://www.youtube.com/user/CosmicKidsYoga>

Cosmic Kids Yoga is amazing. It is free of charge and is a YouTube channel. Follow the link to go on numerous adventures, ranging from 5 to 30 minutes. There is something for everybody in the family, all based around easy to follow Yoga.



https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

Just Dance is available on Youtube, free of charge. There are plenty of songs to choose from for the whole family; they range from easy to difficult. One to get the heart pumping and have a laugh as a family!



<https://www.speedstacks.com/home/>

Speedstacking is a popular past time at Rackham, from breakfast club to PE lessons. It might sound simple but it is actually trickier than it first appears, especially as you try to get faster and faster. It is fantastic for developing hand – eye coordination and resilience. If you happen to have a set at home there are plenty of instructional videos on this website to help master the basic technique as well as more complicated 'cycles'.



<https://www.youtube.com/user/mosetsanagape>

Oti Mabuse, professional dancer and current Strictly Come Dancing champion, is putting daily dance classes for children on her Youtube channel. They are streamed live at 11am but she also makes them available afterwards to watch whenever you want!



<http://www.cambscricket.org.uk/page/schools-education/chance-to-shine/covid-19-weekly-challenges-16897/>

Cricket is a fantastic team sport and is always popular with the Key Stage 2 children at Rackham. Why not use this time at home to practice some of the skills you need, such as throwing and catching, in your garden or another safe outside area? Cambridgeshire Cricket's 'Chance to Shine' schools programme have set up weekly challenges with video resources which you can find on the link above.



<https://www.activekidsdobetter.co.uk/active-home>

This website has a range of ideas and resources to help families stay active whilst also spending time together.



Cambridge United have created a variety of resources and Education Activity packs which are now available on their website using the link below. They get the children up and active whilst learning in Maths, English and Science to name just a few subjects – something the children always enjoy at Rackham!

<https://www.custrust.co.uk/covid/education/>