

Activities Ideas for Home

Exercises video's for Younger Children

Joe Wicks: <https://www.youtube.com/watch?v=mhHY8mOQ5eo>

Kids beginner workout with Joe Wicks, fun way to start the day and only 15 minutes. He also has a shorter version called 5 Minute Move: <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Go Noodle: <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Fun games to keep children entertained and active. Dance along video to the movie trolls! Suitable for Age 5+.

Andy's Wild Workouts: <https://www.bbc.co.uk/iplayer/episode/p06tmn51/andys-wild-workouts-series-1-1-under-the-sea>

Adventures with Andy under the sea, in the desert and to the artic, learning how to move and explore in the wild. For ages 5+.

Imoves: <https://imoves.com/the-imovement>

Quick 2-3 minute dance/yoga/pilates/exercise videos for 4-11years. Includes meditation links for anxiety and general wellbeing. Good for blasts of exercise to help break up school work/improve concentration.

Cosmic Yoga: https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Yoga, mindfulness and relaxing video's with stories, suitable for age 3+

Exercise Video's for Older Children and Teenagers



Alo Yoga's: <https://www.youtube.com/playlist?list=PLc0asrzritZjwI1Y1AWKIV6mD4KTOISXX>

This is a selection relaxing and calming Yoga Video's for older children.

5-a-day Fitness: <https://www.5-a-day.tv/>

Online 5-minute exercise routines and 2 minute chill-out routines. This was designed to use in classrooms but you can sign up for a free 14-day trial.

Yoga for Teens with Adriene: <https://www.youtube.com/watch?v=7kgZnJqzNaU>

A good introduction if you are interested in starting yoga or just giving it a try.

Workout with Maurice: https://www.youtube.com/watch?v=L_A_HjHZxfI

A fun and healthy workout, with a good mix of strengthening and cardio. Only 15 minutes long

Exercise Video's for the Family

Joe Wicks: <https://www.youtube.com/watch?v=Rz0go1pTda8&feature=youtu.be>

PE with Joe – A new workout every day. Suitable for all ages and no equipment required. Starts at 9am every morning for a 30 minute fun workout.

Sugarpop Workout: <https://www.youtube.com/watch?v=5if4cjO5nxo>

For parents and children to get active together with some challenges for the whole family.

Activities

Football: <https://m.youtube.com/watch?v=WMwgXZnZqLw> Short video on learning to do keepie uppies.

https://www.youtube.com/watch?v=zz_DEZhM9eQ Short video on passing and receiving the ball

<https://www.youtube.com/watch?v=rijdM-16qj4> 25 minute video on football skills-jumping/moving around the ball. 5years +

Dance: <https://youtu.be/VqwXciMDFYA>

Oti Mabuse from Strictly Come Dancing is doing dance classes on YouTube. She does a different theme every day and breaks down the dance moves with good instructions. 30 minutes long and good for all ages

Websites

<https://activeforlife.com/articles/> Activity suggestions for the family for different ages. Click on 'activities for kids' tab to access lots of fun ideas to work on balance, strength, flexibility. Includes activities in wheelchairs. Ages 3-12

