

<p>Encouraging children and families to stay active at home, finding an activity that inspires, motivates and leaves them wanting more!</p> 	<p><u>Active kids do better</u> Free family friendly challenges to encourage active breaks and having fun together.</p> 	<p><u>Cosmic Kids</u> Making yoga and mindfulness fun! Yoga stories to follow along with through the medium of video.</p> 	<p><u>This is PE</u> The 25 videos are presented by PE teachers and linked to the Primary PE curriculum so it is a fantastic way of educating your children physically at home!</p> 
<p><u>Youth sport trust</u> PE, physical activity and sport resources including family activities, 60 second challenges and a 30-minute online sports club on Tuesdays and Thursdays at 5pm for all children and young people to do some sport, develop skills and have fun!</p> 	<p><u>Active Leeds</u> A fun packed downloadable activity toolkit for over 8's.</p> 	<p><u>This girl can</u> Partnering with Disney and real families across England creating Disney dance routines to get you moving.</p> 	<p><u>Active Leeds</u> A fun packed downloadable activity toolkit for under 8's. Ready, set, rainbow.</p> 
<p><u>Lawn tennis association</u> You can improve your tennis skills any time, any place, with LTA Youth Home Activities hub, it's full of activities for the whole family.</p> 	<p><u>Premier education</u> Stay Active Youtube channel, where parents and children can take part in an activity for dance, specific sport & also fitness sessions together with our Activity Professionals!</p> 	<p><u>Energetic education</u> Story based adventures and meditation videos.</p> 	<p><u>Jump start Jonny</u> Free workouts to keep you fit and healthy and mindfulness activities to help you unwind.</p> 