

#StayHomeStayActive #StayInWorkOut

KS1 – KS2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Change 4 Life indoor activities	BBC Super Movers, Activity	Kid Activities	iMoves	Flintobox	Fitness with The Body Coach	Just Dance (Also on Youtube)
https://www.nhs.uk/change4life/activities/indoor-activities	https://www.bbc.co.uk/teach/supermovers	https://imoves.com/imovement-signup	https://imoves.com/imovement-signup	https://flintobox.com/blog/child-development/exercise-games-kids	https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k	https://justdancenow.com/ https://www.thisgirlcan.co.uk/activities/disney-workouts/
Cycling British Cycling	Orienteering British Orienteering	Football FA – Super Kicks	Tennis LTA – Tennis at home	Athletics Sportshall Challenges	Table Tennis TT Kidz by ETTA	Golf Golf Foundation
https://www.youtube.com/playlist?list=PLLiHgA3L2myqePqj1krm8WKdwY2lt4A	https://www.britishorienteering.org.uk/images/uploaded/downloads/schools_trio_resources.pdf	https://www.mcdonalds.com/gb/en-gb/football/super-kicks.html	https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/	http://www.sportshall.org/wp-content/uploads/2013/04/Sportshall_Infants_Resource_Cards.pdf	https://www.ttkidz.co.uk/play-at-home/	https://www.golf-foundation.org/media/1689/tri-golf-skills-festival-pack-2018.pdf

Physical activity for children and young people (5–18 Years)

Builds confidence & social skills
Develops co-ordination
Improves concentration & learning
Strengthens bones
Improves health & fitness
Improves sleep
Makes you feel good

Be physically active

Spread activity throughout the day
Aim for at least **60 minutes** everyday
All activities should make you breathe faster & feel warmer

PLAY
WALK
CYCLE
DANCE
SPORT
GAMES
CLIMB
SKIP
STRETCH
SIT LESS
MOVE MORE

Sit less **Move more**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday
UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.dh.gov.uk/startactive

