**Just Dance**

https://www.youtube.com/user/justdanceGB

**Supermovers**

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

**NHS change for life**

https://www.nhs.uk/change4life

https://www.nhs.uk/change4life/activities/indoor-activities

https://www.nhs.uk/change4life/recipes

**NHS Living Well**

http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx

**Joe Wicks (The Body Coach)**

https://www.youtube.com/user/thebodycoach1

**Cosmic Kids Yoga**

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

**GoNoodle**

https://family.gonoodle.com/

**Marathon Kids**

​https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view\_as=subscriber

**Premier League Primary**

https://plprimarystars.com/resources/football-fun-activity-pack?utm\_campaign=1867544\_homele arning\_19.03.20&utm\_medium=email&utm\_source=edcoms&dm\_i=3VTU,14108,40FOY5,3WJH S,1

https://plprimarystars.com/for-families/play-game?utm\_campaign=1867544\_homelearning\_19.0 3.20&utm\_medium=email&utm\_source=edcoms&dm\_i=3VTU,14108,40FOY5,3WJHS,1

https://plprimarystars.com/news/home-learning-activities-school-closures

**Sport England**

https://www.sportengland.org/news/how-stay-active-while-youre-home

https://www.thisgirlcan.co.uk/activities/disney-workouts/

**British Cycling**

https://readysetride.co.uk/prepare

**Personal Challenge Video** <https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je>

**Staying active & healthy at home is important**

– to support parents with this we have pulled together a list of websites that are offering free resources.

https://imoves.com/

https://www.youthsporttrust.org/free-home-learning-resources

https://jasmineactive.com/news/home-learning-resources/

<https://www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-outvideos/>

www.jumpstartjonny.co.uk

www.tagtiv8.com/move-learn-home/

https://www.cosmickids.com/

https://www.questr.org/schoolclosure

https://www.gonoodle.com

https://energetic.education/resources Story based movement adventures halfway down page do what we can to keep children moving, learning, laughing and calm!

https://www.activekidsdobetter.co.uk/#:~:text=Active%20kids%20do%20better%20in%20school%20and%20in,after%20school.%20Active%20Kids%20Do%20Better%20Toggle%20navigation

<https://www.aspire-sports.co.uk/programme/maths-move-home-challenges>

https://www.thisgirlcan.co.uk/activities/disney-workouts/

<https://www.jumpstartjonny.co.uk/free-stuff>