

Keeping Active at Home

We value being physically active at school but even when we're not at school, it's important to remain physically active at home too.

Here are some links to some fun ways you can stay active at home and games that you can play together.

Joe Wicks:

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

Cosmic Kids:

https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ

Go Noodle:

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

Joy of Moving:

<https://www.joyofmovingresourcehub.co.uk/games-and-activities>