

Exercise is so important for children and will help their physical and mental health. Try to keep your children active with a work-out, every day, 2-3 times per day using one of the following resources:

1. **Super Movers** – Online exercise with a maths and English theme!
  - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>
  - <https://www.bbc.co.uk/teach/supermovers>
2. **Boogie Beebies** – active videos for EYFS children  
EYFS - <https://www.bbc.co.uk/programmes/b006mvsc>
3. **Daily Mile** – Can you measure out a Daily Mile course in your garden or house that you could get your children to walk or run around?  
KS1 - 1500 metres is approximately a mile!
4. **Disney 10 Minute Shake-ups** – Disney themed 10 minute activity videos.  
EYFS and KS1 - <https://www.nhs.uk/10-minute-shake-up/shake-ups>
5. **Go Noodle** – Various energetic videos using a range of themes to get children moving.  
KS1 - <https://family.gonoodle.com/>
6. **Just Dance** – Selection of themed dances for children to follow.  
KS1 - <https://www.youtube.com/watch?v=ERbdjlv6dg>
7. **There are lots of other ways to keep children active in the house. Try some of the following:**
  - **Balloon ‘keepy-uppies’** – balloons are a great object to use indoors to keep children active. Try getting children to sit down and just play with their hand and feet, this is great for core strength.
  - **Step –Ups** - Use the bottom step of your stairs or outdoor step and do 45 seconds of step-ups. Repeat 3 times. (Make sure the entire foot goes flat onto the step each time)
  - **Skipping** – if you have a skipping rope in the house, try skipping continuously. Time yourself and then try to beat your time for continuous skipping.
  - **Treasure Hunt** - One person hides 3 or more objects around the house and the other has to see how quickly they can find them all.

**Keep exercise simple and fun, but most importantly do it regularly!!! Try to aim for 60 minutes per day! Good Luck!!**