**Active Ideas For Children At Home**

**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>

1. **Boogie Beebies –** active videos for EYFS children

**EYFS** - <https://www.bbc.co.uk/programmes/b006mvsc>

1. **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!

1. **Disney 10 Minute Shake-ups –** Disney themed 10 minute activity videos.

**EYFS and KS1 -** <https://www.nhs.uk/10-minute-shake-up/shake-ups>

1. **Go Noodle –** Various energetic videos using a range of themes to get children moving.

**KS1 -** <https://family.gonoodle.com/>

1. **Just Dance –** Selection of themed dances for children to follow.

**KS1 -** <https://www.youtube.com/watch?v=ERbdjlvg6dg>

1. **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!!**