

Active Ideas

We hope you're all managing to stay active at home. You may have seen some of the online resources out there and have some ideas of your own, but here's some to take a look at. Even if you do a dance, jump on the trampoline or run around in the garden to get your body moving, every bit counts!

Premier Education Activity Professional led videos posted daily at 3:30pm, including dance, football, fitness, gymnastics, basketball, tennis, yoga and personal best challenges.

<https://m.youtube.com/channel/UCLNV8D56t6RV0wbsPnbnYeA>

Street Dance activity <https://youtu.be/7uQytrYXTko>.

Premier Education "Stay Active" resources – physical, health and well-being and life-skills activities

<https://www.premier-education.com/stay-active/>

Cosmic Kids - Online Yoga and Mindfulness

<https://www.cosmickids.com/>

Joe Wicks – The Body Coach – Virtual PE lessons daily at 9am on You Tube

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Oti Mabuse – Virtual dance classes – Every day at 11:30am (at least until 30th March) on Facebook, Instagram or You Tube

https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g

Darcy Bussell – Daily DDMix Routine at 1:30pm

<https://www.facebook.com/diversedancemix/>

Youth Sport Trust - Home Learning resources

<https://www.youthsporttrust.org/free-home-learning-resources-0>

The PE Hub – 10 garden activity ideas for children

<https://thepehub.co.uk/10-garden-activity-ideas-for-children/>