

## Keeping active at home

Please find below a range of useful links for activities and videos you might like to complete at home, all of which are free to access!

After completing a few of these challenges, maybe you would even like to create your own exercise/workout video!

### **Change4life Activities for Children**

<https://www.nhs.uk/change4life>

### **Cosmic Kids Yoga – Youtube**

[https://www.youtube.com/results?search\\_query=cosmic+yoga+](https://www.youtube.com/results?search_query=cosmic+yoga+)

### **Joe Wicks Kids Workouts – Youtube**

[https://www.youtube.com/results?search\\_query=joe+wicks+kids+workout](https://www.youtube.com/results?search_query=joe+wicks+kids+workout)

### **Disney inspired workouts**

<https://family.disney.com/articles/disney-workouts/>

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

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

### **Phizifit – Activities and personal challenge videos**

<https://www.youtube.com/channel/UCVdp15KhUVg2hukSSXxoi1g>

### **Work out videos**

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

<https://www.youtube.com/watch?v=5if4cjO5nxo>

### **Dance Fit Videos**

<https://www.youtube.com/user/ReFitRev>

### **GoNoodle Activities**

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://family.gonoodle.com/channels/fresh-start-fitness>