

Here is some inspiration to keep active during your time at home!

Change 4 Life –

A website with healthy dinner ideas and some sporting activities.

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

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

The Body Coach -

Now a staple in many households across the UK at 9am each morning, join Joe Wicks in his exciting workouts.

<https://m.youtube.com/user/thebodycoach1>

BBC Supermovers -

A website jam-packed with fun videos which link to your child's learning and getting them moving. This will support their physical health and keep them learning!

<https://www.bbc.co.uk/teach/supermovers>

Cosmic Kids -

Perfect for videos of yoga, mindfulness and relaxation.

<https://m.youtube.com/user/CosmicKidsYoga>