

Keeping Active at Home! EYFS & Key Stage 1



Cosmic Yoga—<https://www.youtube.com/user/CosmicKidsYoga>

Cosmic kids is a fantastic resource that can be used for both mindfulness and to improve both flexibility and strength. There are hundreds of different videos on the YouTube channel, most of which teach yoga through stories. Videos range from 5 minutes to 45 minutes in duration.



Go Noodle— <https://www.gonoodle.com/>

A great online resource that can be used as an active break from academic activities! You must sign up to access the videos however this is free. When you have accessed the portal, go to channels and select from the many available. Teacher favourites are 'Kidz Bop', 'Zumba Kids', 'Fresh Start Fitness' and 'Indoor Recess'.



Get Outdoors!

Go for a walk through the park. Here are some ideas for whilst you are walking;

- Can the children count the trees?
- Can the children describe the park?
- Can the children come up with different exercises to do for every 5 minutes of walking e.g. star jumps?

Keeping Active at Home! Key Stage 2



Joe Wicks (Body Coach TV) - <https://www.youtube.com/user/thebodycoach1>

Scroll down to 'Kids workouts to do at home'. Joe Wicks has provided a range of 5-8 minute videos all designed specially for children in schools. There is also a 20 minute Joe Wicks School Workout available for those who want to train for longer! Great to get the children moving and work on their strength and endurance.



Create Your Own Circuit—

Get the children to come up with 10 different exercises. These could be both conventional exercises e.g. press ups, star jumps or new exercises that the children make up! Set a timer for 60 seconds for each exercise and take 30 seconds break between each. Could the students use their math skills to calculate how long the circuit will take prior to starting?



Personal Challenge—

Children can create a series of targets that they would like to achieve by the end of the session. This may be performing 60 skips in 60 seconds or running 10 laps of the park/ street in 10 minutes. Each PE lesson you could write down the personal challenge set for that session on a sheet to see what the children have achieved throughout the weeks.