

## Be active! Be healthy!

Are you looking for ways to keep your children active? Check out some of these ideas!



[Joe Wicks- The Body Coach YouTube channel](#)

From Monday, Joe Wicks will be posting daily PE lessons style workout routines- perfect to keep your children active! Posting every day at 9am. There are workouts for kids and adults on this YouTube channel!



[BBC Supermovers](#)

A website jam-packed with fun videos which link to your child's learning and getting them moving. This is a firm favourite with teachers! Suitable for children of all ages- this will support their physical health and keep them learning!



[Go Noodle- YouTube channel](#)

Perfect for videos to keep your children moving! They are entertaining and sometimes quite fun! There's a massive range of videos available. Suitable for children of all ages.



There are so many amazing videos on YouTube to check out! If your child loves dancing check out Just dance or Zumba kids tutorials.



[Cosmic kids- YouTube channel](#)

Perfect for videos of yoga, mindfulness and relaxation. Designed for children as young as 3!

Remember it is just as important to keep your child moving as it is to keep them thinking and reading. Aim for at least 30 minutes of physical exercise every day! Our bodies need to be looked after as well as our brains!