Go Noodle – <https://www.gonoodle.com/> Movement and mindfulness

The Body Coach (Joe Wick) – <https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>  - YouTube workouts

Supermovers – <https://www.bbc.co.uk/teach/supermovers> - Active learning opportunities. A great learning resource to keep working on spellings, times table and other curriculum areas

Sport England – <https://www.sportengland.org/news/how-stay-active-while-youre-home> Lots of further links and ideas to stay active whilst you’re at home

Cosmic Yoga – <https://www.youtube.com/user/CosmicKidsYoga>  - YouTube channel – activities ranging from 5 – 30 minutes. Easily to follow yoga and mindfulness

Disney – Wake Up Shake Up – <https://www.nhs.uk/10-minute-shake-up/shake-ups>  - Short games to keep children active

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