

## Activity at Home

Sport England have put together lots of different ideas on how to stay active in and around your home. From dancing with the kids through Change4life 🕺 to online home workouts 📺. There's lots to choose from to keep things interesting. Visit <https://www.sportengland.org/news/how-stay-active-while-youre-home> for ideas or keep following us and we will continue to offer top tips and ideas.



If you participate in any local physical activity groups or sessions, please contact your instructor as they may have alternative resources available including home videos to continue with your workouts at home. 📺



Top tips to stay active at home:

- Create your own or access online home workout videos 📺
- Gardening 🌱
- Set up circuit stations around the house using everyday household items such as chairs, stairs and heavy items 🏠
- Get out in the fresh air for local walks if it is safe to do so 🚶♂️
- Use active console games if available such as wii, kinect and switch 🎮

Change4life and Disney have teamed up and created Disney inspired 10 minute shake up games. These 10 minute bursts of activity will get the kids 📺 moving and count towards the 60 active minutes they need every day. Visit <https://www.nhs.uk/10-minute-shake-up/shake-ups> to take part.



If you've found great ways to keep active at home, tag us in your videos along with #StayInWorkOut to share your ideas with others. 📱



Joe Wicks – You Tube videos from kid's workouts to HIIT sessions and more all using limited equipment in a small space (<https://www.youtube.com/user/thebodycoach1>)

You Tube – home workout videos

Go noodle - <https://www.gonoodle.com/>

Please see below and attached lots of youtube activity links and more for younger pupils, secondary pupils and for pupils with SEND.

<https://bit.ly/3djaoOm>

### Other Ideas:

- Share different videos for different activities e.g. yoga, pilates, circuits, HIIT, stretching, dance etc.
- Share individual tips from Sport England (<https://www.sportengland.org/news/how-stay-active-while-youre-home>)
- Share local instructor videos
- Share videos people have sent in to share with others
- Top tips for eating well