

Be active! Be healthy! Be happy!

Are you looking for ways to keep active and well during school closure? Check out some of these ideas!

- The @YouthSportTrust have compiled a list of free online resources for you to access at home to support physical activity: <https://www.sportengland.org/news/how-stay-active-while-youre-home>
- BBC Supermovers is jam-packed with fun videos to get your children (of all ages) moving!
- Go Noodle also has a huge range of fun, entertaining videos to promote keeping active!



Disney Dance Along
Songs: <https://bit.ly/2U4M6Qn>



Leicestershire and Rutland Sport: <https://www.lrsport.org/make-your-move1>

Body Coach - as of Monday 23rd March 2020 Joe Wicks will be delivering active sessions every day at 9am - <https://bit.ly/3951gta>



The NHS have recommendations for Fitness Studio Exercise Videos: <https://www.nhs.uk/conditions/nhs-fitness-studio/>



Sport England have some great tips for how to stay active at home and some free resources! <https://www.sportengland.org/news/how-stay-active-while-youre-home>



Daily Boost: <https://www.lrsactiveschools.org/daily-boost/dailyboostideas>



From imoves, you can download a timetable to document activities you try during each week. This website also has **mental health and wellbeing resources** too: <https://imoves.com/the-imovement>



<https://www.cosmickids.com/>