**Physical Activities to do at home**

It is important for children to be active so try to implement as much physical activity as you can into your daily routine. Here are some great physical activity websites/ ideas for you to try out at home!

[https://www.nhs.uk/change4life/activities](https://www.nhs.uk/change4life/activities%22%20%5Ct%20%22_blank)

Disney shake up games to get young people active and moving.
Video clips and instructions to play games at home.

[https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps](https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps%22%20%5Ct%20%22_blank)

At home indoor Obstacle course using everyday household objects

[https://www.google.co.uk/amp/s/www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/amp/](https://www.google.co.uk/amp/s/www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/amp/%22%20%5Ct%20%22_blank)

Lots of indoor game ideas to do with children at home

\* kids and Adults workout video on YouTube link:
[https://m.youtube.com/watch?v=L\_A\_HjHZxfI](https://m.youtube.com/watch?v=L_A_HjHZxfI" \t "_blank)

**Type in YouTube search engine:**

5 minute move: The Body Coach

The Body Coach is also doing ‘PE with Joe’ every Monday- Friday morning at 9am live on his YouTube channel: **The Body Coach TV.**

It’s a great start to your day- healthy body, healthy mind ☺

Kids workout for 3-9 Year Olds

Yoga for Kids

Kids exercise- workout at home

Home exercises for kids