**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" \t "_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" \t "_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/" \t "_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