



Active Children Achieve

We all know the benefits to our **physical and mental health** if we remain physically active and its great to see so much support for this. Staying active & healthy at home is important – to support parents with this we have pulled together a list of websites that are offering free resources.

- <https://www.youthsporttrust.org/free-home-learning-resources>
- <https://jasmineactive.com/news/home-learning-resources/>
- <https://tagtiv8.com/move-learn-home/>
- <https://www.questr.org/schoolclosure>
- <https://www.nhs.uk/change4life/activities>
- <https://energetic.education/resources>
Story based movement adventures halfway down page
- **Supermovers** have numerous videos that will get your children active. The videos link to the curriculum so will keep the children active whilst still learning.
<https://www.bbc.co.uk/teach/supermovers>
- **Childline Tool Box** has a calm zone where you can access activities, breathing exercises, yoga, games and videos on ways to cope and expressing emotion https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6_pXFAJTxI3Ppvt6dkR1dDHiyN4IrWpuocfTurpUPQ8
- **Go Noodle** have both an 'At home' and 'For families' option where you can access free movement and mindfulness videos <https://www.gonoodle.com/>
- **Imoves** have 'Active blasts' including workouts, yoga and pilates- <https://imoves.com/the-ovement>
- **The Muddy Puddle Teacher** is offering a 30 day free trial. This includes activities for the outdoors, yoga and meditation. <https://themuddypuddleteacher.co.uk/>
- **Action For Happiness** produce monthly calendars to support mindfulness <https://www.actionforhappiness.org/calendars>
- **Blissful Kids** share mindful game ideas <https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/?fbclid=IwAR0QjYSYGUBrOUEa-aMGKycMpBLfOkIpHEO7GumclGZJIDzYrQ2co3y9eDI>

Youtube

Joe Wicks Kids Workouts e.g. <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Joe has also just announced that he will be doing live 30 minute 'PE' sessions at 9am every day on his youtube channel– suitable for all children.

Cosmic Kids Yoga- <https://www.youtube.com/watch?v=R-BS87NTV5I>

Jumpstart Jonny Workouts <https://www.youtube.com/watch?v=YfbTvJMcRow>

Guided Meditation For Kids https://www.youtube.com/watch?v=Bk_qU7l-fcU

Please share this list far and wide, let's do what we can to keep children moving, learning, laughing and calm!

Tweet your activities & keep each other motivated using @LeedsActiveSchs

Big shout out's to those that are opening up their resources for free in this time of uncertainty #physicallyactive #caring #giving #community

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