

PRIMARY

ACTIVE@HOME

Supporting you to keep children active

fun, free activities to do at home

FOR
FAMILIES**Dan the Skipping Man- Skipping Challenges**

The challenges a brilliant easy to use resource to support children to increase their activity levels at their own pace. It NOT a competition. You do not have to submit any results. Awards at Bronze, Silver & Gold. Can't skip? We have a video to show you how. Copy and paste this link where Dan also has additional videos

<https://getberkshireactive.org/dtsm-bvsg-skipping-challenges>

**LET'S GET KIDS MOVING**

What's up SUPERHEROES? Your pupils can train along side their favourite superheroes. Train like a Jedi, or practice their wizarding skills from the comfort of their home.

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

GET
KIDS
MOVING

Cbeebies

Andy's Wild Workouts

Have fun with Andy as you learn some fun animal moves that he has learnt on his travels across the world. This is a fun way to include exercise into your daily routine at home, Ages 5 to 8.

**Disney Dance Along**

This Girl Can has captured some of the ways mums and kids love moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun. For ages 5 to 8.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

THIS
GIRL
CAN

Youth Sport Trust

YST After School Clubs sessions on YouTube!

All sessions are 30 minutes long to help your family get those active minutes in together while having some fun. Live sessions at 5pm starting soon!

<https://www.youthsporttrust.org/AfterSchoolSportClub>



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GLOUCESTER SCHOOL SPORTS NETWORK

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TopYa!

TOPYA! Pupils can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app. All the need to do is download the app, register as a player and type in the Invite Code 23880. Supported by YST. <https://www.yourschoolgames.com/back-to-school-games/school-games-active-championships/>

CHANGE4LIFE

Their website has a number of resources to keep children active including indoor activities, 10 minute shake-up activities and much more!

Visit their website for some fun, exciting ideas to keep the whole family active and healthy. <https://www.nhs.uk/10-minute-shake-up/shake-ups>



change
4life
Eat well Move more Live longer

COSMIC YOGA



Yoga, mindfulness and relaxation design especially for kids aged 3+. Used in schools and homes all over the world.

<https://www.youtube.com/cosmickidsyoga>



LET'S RIDE LOCAL



A range of resources from British Cycling including how to teach children to ride a bike, improve cycling skills and over 1000 cycle routes to explore across the country.

<https://www.letsridelocal.co.uk/>



GoNoodle

GoNoodle Engages 14 million children every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere children are!

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



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