


Active at Home for Kids

Some great resources for you to access whilst staying [#HealthyAtHome](#)

- Daily activity challenges are being delivered by [Melton & Belvoir School Sport and Physical Activity Network](#)
- Dance Equation are providing FREE maths/dance resources for EYFS - <https://bit.ly/3dnctsp>
- The @YouthSportTrust have compiled a list of free online resources for you to access at home to support physical activity - <https://bit.ly/3djaoOm>
- Yoga with [Teenyoga](#) takes place at 10am daily.
- Leicester-shire and Rutland Sport have developed a Healthy At Home webpage (www.lrsport.org/HealthyAtHome) which hosts a range of resources, links, hints and tips to support people be Active At Home, Work At Home, Wellbeing At Home
- Body Coach –Joe Wicks will be delivering daily active #PewithJoe sessions at 9am - <https://bit.ly/3951gta>
- This Girl Can have produced some Disney Dance Along Songs - <https://bit.ly/2U4M6Qn>
- How to stay active at home with Sport England - <https://www.sportengland.org/.../how-stay-active-while-youre-...>
- Cosmic Kids Yoga-teach inspiring kids yoga professionally. Learn online, so you can train from home at your own pace - <https://www.cosmickids.com/>
- Go Noodle- GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are! - <https://www.gonoodle.com/>
- My Learnful Families-Empowering yourself and your children to notice and nurture your emotional needs and experience calm in the process. <https://parents.learnful.co.uk/.../list/learnful-family-membe...>
- Change4life and Disney have teamed up and created Disney inspired 10 minute shake up games. These 10 minute bursts of activity will get the kids 🧘 moving and count towards the 60 active minutes they need every day. Visit <https://www.nhs.uk/10-minute-shake-up/shake-ups> to take part.
- Parasport home workouts can be accessed via this link - <https://parasport.org.uk/home-workout-kris>
- Join Oti Mabuse for a dance class  <https://bit.ly/3bm6LVU>