

Activities for children and Young people

Below are some ideas and links to websites that will help keep your children active indoors.

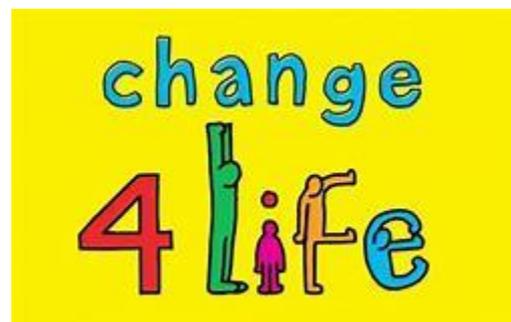
Fitness Blender: Search fitness blender and access free workouts, it lets you choose the duration, type, intensity of the workout and also lets you choose to do it with equipment or not. Suitable for teenagers and adults although you could get younger children to join in! <https://www.fitnessblender.com/>

Cosmic Kids yoga: Free resource on YouTube that include yoga and mindfulness videos age appropriate for age 3+ includes frozen, trolls, star wars the gruffalo yoga games! Brilliant!! <https://www.youtube.com/cosmickidsyoga>

Change4 life resources: Do your children need a wake up/shake up?! Suitable for children 3+ <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Some more ideas of indoor activities for children <https://www.nhs.uk/change4life/activities/indoor-activities>

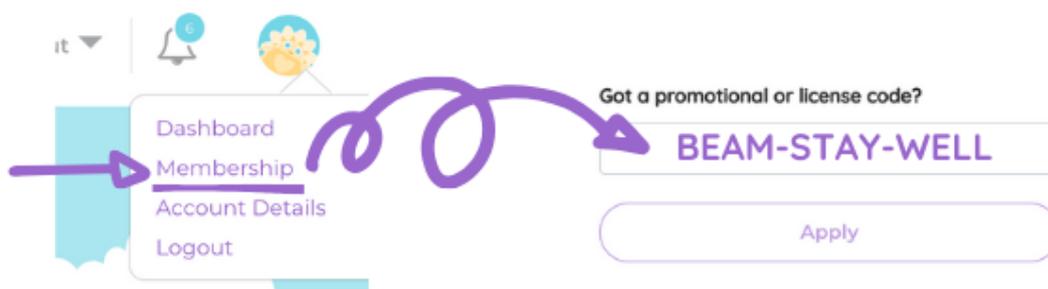
Here is some ideas for children who have physical disabilities <https://www.nhs.uk/change4life/activities/accessible-activities>



PE with the body coach: Joe Wicks is live at 9am Monday-Friday on his YouTube channel doing workouts for children and young people of all ages to enjoy! <https://www.youtube.com/watch?v=Rz0go1pTda8>



Beam: If you're looking for an exercise resource that is directed at a lung condition, such as cystic fibrosis or PCD then look no further. Beam offers online exercise sessions which you can do at home to look after your chest. Get two months free by using the code below.



CF Trust: Videos of safe demonstrations of exercises to improve overall health and fitness <https://www.cysticfibrosis.org.uk/what-is-cystic-fibrosis/cystic-fibrosis-care/staying-active/cf-fitness-space>

Abdominal workout by Pamela Reif: Suitable for young adults
<https://www.youtube.com/watch?v=1f8yoFFdkcY>

Team body: Low Impact 30 minute cardio workout- Beginner/intermediate suitable for young adults.
<https://www.youtube.com/watch?v=50kH47ZztHs>

Sport England:

https://www.sportengland.org/stayinworkout#get_active_at_home

Brilliant website which hosts lots of links to different platforms to access activity for all ages including..

Les Mills: free 30 day trial suitable for young adults.

Fiit: free 30 day trial with 600 workouts and a platform to link up with friends on a leader board suitable for children and young adults.

Nike Training Club: with 190 free workouts from 15-45 minutes suitable for young adults.

Imoves: website designed for parents and teachers to support home learning through activity. Suitable for younger children

Her Spirit: personalised app for mind and body, classes include mediation, yoga, cycling, strength, HIIT and circuits, suitable for young children and adults.

Move GB free 14 day trial of live exercise classes suitable for young adults

Disney dance alongs: find dances to your favourite Disney songs! Suitable for all ages

Superhero work outs: work out with Spiderman, Black Panther, captain America and Star Wars, suitable for all ages!!

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

School Games: A program of free daily digital content to help keep children and young people active. It includes video coaching and resources from National Governing Bodies.

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

Nuffield health: High Intensity Hit Training session 25 minutes, suitable for young adults.

<https://www.youtube.com/watch?v=cJaKRdwGx3Q&t=1340s>

Workouts for kids

<https://www.nuffieldhealth.com/article/15-minute-workout-for-kids>



Pure Gym: you can sign up to their app to trial 6 free home workouts, suitable for older children

<https://www.puregym.com/puregymtogether/>

Also don't forget about good old tummy time, playing with blocks and other objects, messy play, jumping, skipping. Active play like hide and seek and throwing and catching are brilliant ways to keep busy!

Why not put on some music and make up a funny dance! Simon says!

It's also really good to keep our brains active too, why not try baking, crafting, gluing and sticking, drawing or painting. Or you could read books or magazines, why not start a journal or diary of your experiences to share with your friends and family?

Remember to keep in touch with friends and family via video calling.



