

KS1 Dance and Fitness Activities Links

	<p>Indoor activities for kids</p> <p>https://www.nhs.uk/change4life/activities/indoor-activities</p> <p>Even when they can't get outside, there's still loads of great indoor children's activities you can do to get them moving and have fun as a family.</p> <p>Get started with our easy-to-follow Shake Up games inspired by your kids' favourite Disney characters.</p> <p>With just a few songs and some simple props, they will soon be creating their own dance routines and throwing some superhero shapes!</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Wuf Shanti Mindful Yoga Fun</p> <p>https://apps.apple.com/us/app/wuf-shanti-yoga-fun-machine/id1296345752?ls=1</p> <p>Wuf Shanti is an adorable dog yoga character that travels the world sharing yoga, meditation, & mindfulness with kids through fun games & music.</p> <p>Shanti means peace. Wuf Shanti was created by a kid for other kids, promotes health, wellness, & happiness in children, & encourages peace and positivity.</p>	<p>Platform = IOS App</p> <p>Cost = Free</p>
	<p>GoNoodle Kids</p> <p>https://family.gonoodle.com/</p> <p>Designed for classroom use, the GoNoodle Kids website has a variety of videos that encourage kids to move, jump, dance and spin.</p> <p>Some videos also have an educational component, such as a song that teaches an exercise concept.</p>	<p>Platform = Website based</p> <p>Cost = Free</p>
	<p>Jumpstart Jonny -</p> <p>https://www.jumpstartjonny.co.uk/home - Fun, energetic workouts to music</p>	<p>https://www.jumpstartjonny.co.uk/free-stuff -6 FREE VIDEOS then schools can sign up for FREE 14 day trial</p>

	<p>Super Stretch Kids Yoga</p> <p>https://apps.apple.com/us/app/super-stretch-yoga/id456113661</p> <p>NAMASTE is The Adventures of Super Stretch’s secret code to help kids learn to find balance and strength in their lives.</p> <p>Each of Super Stretch's friends helps us learn how to use movement and breathing to make every day balanced.</p> <p>Then, real-life kids demonstrate the pose.</p>	<p>Platform = IOS App</p> <p>Cost = Free</p>
	<p>https://www.youtube.com/user/saskiasdansschool</p> <p>American dance school who produce lots of Fun dance fitness routine for you to join in and dance along too. Stick to the Easy Kids videos.</p>	<p>No Cost</p> <p>Select the Easy Kids videos.</p>
	<p>https://www.cosmickids.com/</p> <p>Yoga site with videos and links to activities</p>	<p>Access for Free</p>
	<p>Sesame Street in Communities</p> <p>https://sesamestreetincommunities.org/topics/exercise/</p> <p>Moving Our Bodies</p> <p>Children love to move—anywhere, anytime! Physical activity is great for growing bodies and minds. Being active together helps channel kids’ natural energy and keeps them healthy and strong.</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>YST free home learning resources</p> <p>https://www.youthsporttrust.org/free-home-learning-resources?fbclid=IwAR3DJHS-OZQIMn9pqL80CLckU1Fewm0KecujY2zbuM6gfREQFbALW1a9Vi4</p> <p>To best support schools, parents and young people during the ongoing coronavirus situation we are compiling a list of free-to-access resources which will aid learning at home.</p>	<p>Platform = Website</p> <p>Cost = Free</p>

	<p>Super Movers https://www.bbc.co.uk/teach/supermovers/super-movers-day/zbmnnrd</p> <p>An initiative that could be adapted for home - Super Movers Champions will show you how you could move throughout the day and share some tips on you can incorporate more activity into everyday life.</p> <p>Find out how to get yourself involved with Super Movers Day using the guidance sheet, and specifically the guide to joining in at home.</p>	<p>Platform = Website Cost = Free</p>
<p>ACTIVE KIDS DO BETTER</p>	<p>Active home https://www.activekidsdobetter.co.uk/active-home</p> <p>Want to get your family active? It's easy and there is a huge range of fun, family-friendly physical challenges and games you can do with your kids.</p> <p>Get started by using our family-friendly activities and begin moving together in your living room, garden or local park.</p>	<p>Platform = Website Cost = Free</p>
	<p>Family Fun Cardio Workout! https://www.youtube.com/watch?v=5if4cjO5nxo</p> <p>Get your heart rate up in your living room with this fun workout from Class FitSugar host Anna Renderer. Featuring cardio moves that feel like games and challenges where the winner gets prizes — like choosing what's for dinner — this workout is the perfect way for the family to get active together.</p>	<p>Platform = Website (YouTube) Cost = Free</p>
	<p>Little Sports https://www.youtube.com/channel/UCTIwFB4ciFi5ZClu-VlwaOg/videos</p> <p>A range of simple fitness based videos for children, led by computer animated characters, on a You Tube channel.</p>	<p>Platform = Website (YouTube) Cost = Free</p>

	<p>KIDDO – Improve your Move https://kiddo.edu.au/</p> <p>**FREE PHYS ED AT HOME RESOURCES**</p> <p>Help 3-8 year olds continue to develop FMS and confidence to be active in any setting.</p> <ul style="list-style-type: none"> ✓ Weekly challenges ✓ Videos ✓ At home family activities ✓ Activities being added daily <p>✳ Register free: https://kiddo.edu.au/user/register</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Funetics - https://funetics.co.uk/</p> <p>In support of 'Athletics and Running For Everyone @Home' to help us all be active during the Corona Virus movement restrictions, we have fast forwarded the launch of our new funetics activity videos. The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.</p> <p>Funetics is a programme that has been designed to reflect the requirements of the National Curriculum Key Stage 1 and 2. At this time when our children are currently schooling at home, we hope that these video activities will support the need for education to continue at home.</p>	<p>Platform = Website</p> <p>Cost = Free</p>
	<p>Create Development - https://jasmineactive.com/news/home-learning-resources/</p> <p>real PE at home online learning resources will be provided for FREE during school closure. We really want to help ensure families have access to quality physical activity and family play opportunities.</p> <p>real PE at home supports families to play and learn together and includes 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity for every family!</p> <p>Please sign up by forwarding your name, school name, postcode, county and email address to jasmine@createdevelopment.co.uk</p>	<p>Platform = Website</p> <p>Cost = Free *Sign Up Required</p>



Firefighter Fit Kids Video workouts – You Tube Channel

<https://www.youtube.com/channel/UC3YSI9dKBoZuyh-65zxb2CQ>

Firefighter Fit Kids is an innovative way of learning which is inclusive, fun and inspiring. It combines vigorous exercise with different activities to educate children about health, fitness and fire safety.

Find out more: <https://www.firefighterfitkids.co.uk/>

Platform = You Tube

Cost = Free



I Moves - <https://imoves.com/the-imovement>

The resources on this page have been created to help **teachers and parents** with home learning. We know that teaching your children at home can be very a daunting prospective and not at all easy - that's why we've created fun activities that many children will already be familiar with.

Resources include **Quick Blasts**, **Active Blasts** and other **Supporting Resources** - and keep coming back because we will be adding and changing activities every day!

Platform = Website

Cost = Free



Premier League Primary Stars

<https://plprimarystars.com/news/home-learning-activities-school-closures>

Following school closures, to support those looking for ways to **educate** and **entertain** children and keep them **active**, we are making school curriculum-linked resources available for home learning, with no registration.

Resources will cover **English, Physical Activity, Health and Wellbeing and Maths** for Key Stage 1 (5-7 year-olds) and Key Stage 2 (7-11 year-olds), with fun activities to keep children active and learning at home.

We'd also love you to get involved in our new **Friday Family Challenges**. Each week we will be releasing a new fun activity that you can work on together as a family.

Platform = Website

Cost = Free