

# PHYSICAL ACTIVITIES FOR CHILDREN

Here at Robin Hood Multi Academy Trust we think that keeping up with physical activities for our children in the coming months is going to be vital for their mental health and general wellbeing and so we have highlighted all of the links to great websites we've found. You'll find lots of fun exercises and activities all in this handy place. Our very own fitness guru, Mr FranTastic, has collated all of these links and so we have him to thank. Once a week Mr FranTastic will be leading a YouTube workout - this will be linked to our newsletter which will be sent from the Twitter account of @RobinHoodTrust

## Change 4 Life

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/change4life/activities/indoor-activities>

<https://www.nhs.uk/change4life/recipes>

## Just Dance

<https://www.youtube.com/user/justdanceGB>

## Supermovers

<https://www.bbc.co.uk/teach/supermovers>

## Joe Wicks (The Body Coach)

<https://www.youtube.com/user/thebodycoach1>

## Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

## GoNoodle

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

### Marathon Kids

[https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view\\_as=subscriber](https://www.youtube.com/channel/UCJIRxR6KOx9jgNzsUVG2VHQ?view_as=subscriber)

### Premier League Primary

[https://plprimarystars.com/resources/football-fun-activity-pack?utm\\_campaign=1867544\\_homelearning\\_19.03.20&utm\\_medium=email&utm\\_source=edcoms&dm\\_i=3VTU,14108,40FOY5,3WJHS,1](https://plprimarystars.com/resources/football-fun-activity-pack?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1)

[https://plprimarystars.com/for-families/play-game?utm\\_campaign=1867544\\_homelearning\\_19.03.20&utm\\_medium=email&utm\\_source=edcoms&dm\\_i=3VTU,14108,40FOY5,3WJHS,1](https://plprimarystars.com/for-families/play-game?utm_campaign=1867544_homelearning_19.03.20&utm_medium=email&utm_source=edcoms&dm_i=3VTU,14108,40FOY5,3WJHS,1)

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

### Sport England

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

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

### NHS Living Well

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

### British Cycling

<https://readysetride.co.uk/prepare>

### Personal Challenge Video

[https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy\\_pc51k7IIPi4je](https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7IIPi4je)

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