

## Keeping Active

Please find below a set of links to active resources that will be of use during school closure. Some may not be activated just yet and will continue to be updated over the next few weeks.

- Joe Wicks has Kids workouts on Youtube. Hiit sessions for children (5min videos can be done in a small space)  
Kids Workout – The Body Coach TV.
- Go Noodle - Free to sign up.
- BBC SuperMovers
- Cosmic Yoga on Youtube
- [www.firefighterfitkids.co.uk](http://www.firefighterfitkids.co.uk) have said they will offer free home access for schools for home use.
- Healthy Futures – <http://eepurl.com/gVYzoD> In the event schools close due to the coronavirus you will receive a weekly food and activity log plus daily exercise videos to keep your children active!
- @GetSet4PE will be tweeting an active task each day that schools are closed
- <https://pehubportal.co.uk/> This link will allow parents to access content from the PE hub.

**Maybe you could recommend activities/web links for inclusion on the newsletter to share with everyone? Let Mr McIntosh know by eSchools email.**