

## Different ways to stay active at home



If you like dancing, enjoy some groovy moves with

Go Noodle/ Get moving and Born to Move

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

<https://watch.lesmillsondemand.com/born-to-move-free>

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)



Try some yoga! You could try practising some moves of your own, or you could try some of Cosmic Kids! Videos here:

<https://www.cosmickids.com/category/watch/>

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



Get moving with the Body Coach! Joe Wicks live streams a workout for kids each day at 9am, but there are also other videos to watch at any time of the day!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

[https://www.youtube.com/watch?v=3\\_oIssULEk0](https://www.youtube.com/watch?v=3_oIssULEk0)

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

**Enjoy! Keep fit and safe!**