



# HAZEL LEYS ACADEMY

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Dear Parent/Carer

## Online Active Resources to support Active Learning at Home

It is really important to us that we try to keep all our children fit, healthy and active whilst they are at home. There are some websites that are offering fitness sessions for children to join in with and others with ideas for games that you could play at home.

### WEBSITES

**Healthy Futures** – daily workouts and challenges, including food and activity logbooks to record progress. Visit website to subscribe for free resources

<https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de>

**iMoves** – online access to a range of activities videos which can be delivered at home and in small spaces. Visit website to subscribe for free resources

<https://imoves.com/imovement-signup>

**Youth Sports Trust** – free home learning resources

<https://www.youthsporttrust.org/free-home-learning-resources>

**BBC Supermovers** – a range of online active learning videos themed around various curriculum areas.

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

**GoNoodle!** – An assortment of activity videos linking to the curriculum along with movement, mindfulness and yoga

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

**Change4Life Disney 10 Minute Shake Ups** – activity videos linking physical activity to a range of classic and current Disney films.

<https://www.nhs.uk/10-minute-shake-up/shake-ups>.

**Get Set – Tokyo Ten Activities** – 10 minute activities using simple equipment to get active in the house

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>

**Sport England** - General advice and ideas to keep active at home.

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

### ACTIVITY VIDEOS

**Joe Wicks – The Body Coach – Kids workouts to do at home**

<https://www.youtube.com/playlist?list=PLYCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

**Cosmic Kids Yoga** - yoga videos ranging from 5 to 30 minutes available via YouTube

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

**Just Dance Videos** – free online dance videos to current and classic songs which can be completed in a small space.

<https://www.youtube.com/channel/UC5-3tkgR92QINQyCrVocb1Q>

