

BERKSHIRE

ACTIVE@HOME

Supporting you to keep children active

fun, free activities to do at home

PRIMARY

FOR FAMILIES



Dan the Skipping Man- Skipping Challenges

The challenges a brilliant easy to use resource to support children to increase their activity levels at their own pace. It is NOT a competition. You do not have to submit any results. Awards at Bronze, Silver & Gold. Can't skip? We have a video to show you how. Dan also has additional videos [HERE](#).



LETS GET KIDS MOVING

What's up SUPERHEROES? Your pupils can train along side their favourite superheroes, train like a Jedi, or practice their wizarding skills, from the comfort of their home.

GET KIDS MOVING



Cbeebies

Andy's Wild Workouts

Have fun with Andy as you learn some fun animal moves that he has learnt on his travels across the world. This is a fun way to include exercise into your daily routine at home, Ages 5 to 8.



Disney Dance- alongs

and real families across England, This Girl Can has captured some of the ways mums and kids get moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun. Ages 5 to 8.

THIS GIRL CAN



YST After School Clubs

#YSTAfterSchool Sport Club sessions on YouTube! All sessions are 30 minutes long, to help your family get those active minutes in together while having some fun. Live sessions at 5pm starting soon!





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TOPYA!

Pupils can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app. All they need to do is download the app, register as a player and type in the Invite Code 23880. Supported by YST.

Change4Life

Their website has a number of resources to keep children active including indoor activities, 10 minute shake-up activities and click here for the Fun Generator.



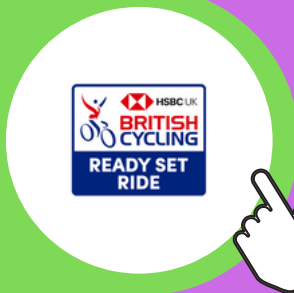
Cosmic Yoga

Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world.



Let's Ride Local

A range of resources from British Cycling including how to teach children to ride a bike, skills for cycling and 1,000 cycle routes to explore across the country.



Go Noodle

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

Follow us on twitter @BerkshireGames