

Online Physical Activity Resources

Dear Colleague,

In response to the school closures across South Charnwood, we have compiled a list of some free online resources to support children and families to remain active at home in the coming weeks.

Please follow the links below to access the content and share with families as you see fit.

Sport England have published some useful tips on staying active.

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

Cosmic Kids Yoga

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

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!

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

Youth Sport Trust - Online Physical Activity at home resources.

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

The Body Coach- Fitness based workouts for older students.

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

We will continue to provide links and updates during this period too via our Twitter handle:
@SouthCharnwood

We'd also love to hear how you're staying active by using the hashtag #ActiveSouthCharnwood

Thanks and stay safe,

Aaron

School Sport Development Manager

South Charnwood School Sport & Physical Activity Network