Ideas for how to keep active

Have you got any ideas we could add to our list?
Which is your favourite way to keep active?

Without technology

- Simon Says
- Create your own obstacle course
- Have a race with someone in some way with your family
- Go for a walk
- Go on a bike ride, use a scooter or roller blades
- Skipping – how many times can you skip in a row without stopping?
- Throwing and catching – how many times can you clap between throwing and catching the ball/soft toy?
- Kick a ball around – can you control the ball or aim at a goal?

Movement breaks

- Go Noodle https://family.gonoodle.com/
- Jump Start Johnny https://www.jumpstartjonny.co.uk/free-stuff

Workout

- PE with Joe Wicks https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt
- Jump Start Johnny https://www.jumpstartjonny.co.uk/free-stuff Scroll down to 'challenges'

Yoga

- Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga
- Dinosaur Yoga https://www.youtube.com/watch?v=I6azeDriNrk (45mins)
- Spring into Yoga https://www.youtube.com/watch?v=oprC-BrYmFg (35mins)
- Bedtime Yoga https://www.youtube.com/watch?v=7bV-pz_3seo (25mins)

Video game style

- Shark Chase – Underwater Adventure https://www.youtube.com/watch?v=-2pq-td3vQ0 (4mins)
- Moon Mountain https://www.youtube.com/watch?v=30Sct77dXAI (4mins)
- Jungle Chase – Adventure Game https://www.youtube.com/watch?v=F0VkDf9LyEk (5mins)
- Jurassic Chase – Ice Age https://www.youtube.com/watch?v=aDg7QIVhv4Y (5mins)
- Jurassic Chase – Dinosaur https://www.youtube.com/watch?v=3Uuq6Bky0Dc&t=7s (5mins)
- Superhero Races https://www.youtube.com/watch?v=UfeyvOtSdWU (5mins)
- Mario Kart Fitness https://www.youtube.com/watch?v=rnGrcOASQlI (6mins)
- Minecraft Fitness Run https://www.youtube.com/watch?v=y_5sOYdNmj8 (7mins)
- For more, check out Coach Corey Martin on YouTube: https://www.youtube.com/channel/UC6mp1dGFmDN96FPWPIbsqeQ