

# Simple, Fun, and Free


## ways for children and young people to get active at home!



Being active is one of the best things we can do for our physical and mental health, it helps us to be happier, healthier and improves our concentration levels too! According to the UK Chief Medical Officer, children aged 1-5 should aim for at least 180 minutes of physical activity per day, and children and young people aged 5-18 should aim for at least 60 minutes per day.

Finding fun ways to build those active minutes in through the day can be a challenge, especially when we must stay at home. That's why Active Calderdale and Healthy Futures Calderdale have worked together to produce this handy list. All of the activities on this list are free, need no specialist equipment, and many can be modified to suit the needs of your child.

\*Click the titles, or scan the QR codes with your mobile phone to access the resources

ACTIVITY	DESCRIPTION	AGE	TIME	QR
<a href="#">This is PE</a>	25 activities that have been designed by PE teachers to cover the school curriculum. Each video goes over the lesson, with options to make them easier or more difficult.	5-7, 7-11	Any length	
<a href="#">Get Kids Moving</a>	50+ fun follow-along workout videos with themes like Star Wars, Superheroes and Harry Potter.	7-11, 11-14	5-20 minutes	
<a href="#">Cosmic Kids Yoga</a>	Hundreds of follow-along yoga, mindfulness and relaxation videos for young children.	3-5, 5-7	>10-50 minutes+	
<a href="#">Disney Dance Along</a>	5 follow-along dance videos set to tracks from Disney favourites like "Jungle Book" & "Moana".	5-7, 7-11	2 minutes	
<a href="#">Yoga with Adriene</a>	14 follow-along yoga videos suitable for young people and created to support virtual learning.	7-11, 11-14, 14-16 & Adults	5-30 minutes	
<a href="#">PE with Joe</a>	The Body Coach is back in 2021 with free follow-along workouts live streamed throughout the week.	Whole family	25 minutes	
<a href="#">The Daily Mile at home</a>	Some guides for getting outdoors and walking, running or generally moving for 1 mile. There are some additional challenges too to keep it fresh.	Whole family	15-25 minutes	
<a href="#">BBC Super Movers</a>	Fun, curriculum-linked follow-along videos featuring famous faces, encouraging children to get active and learn. In partnership with the BBC, Children in Need and The Premier League.	5-7, 7-11	5 minutes	
<a href="#">Change 4 Life 10-minute shake ups</a>	Short bursts of fun activities featuring favourites from Disney and Pixar! There are videos to introduce the games, and written guides too.	3-5, 5-7, 7-11	10 minutes	
<a href="#">Wheelpower workouts for young people</a>	Fun follow-along fitness sessions aimed at children with disabilities and their families	5-7, 7-11, 11-14, 14-16	25-30 minutes	
<a href="#">Our Parks: Couch to Family Fit</a>	A fun, 4 week training plan for the whole family with rest days and progress trackers built in!	Whole family	10 minutes	

### Need some extra support with health and wellbeing at home?

Parents and carers with concerns about their child can speak to a school nurse on 030 3330 9974 or by texting 07507 332 157. Young people can speak to a school nurse by texting 07480 635 297.

