**Let’s Keep Active!**

**Every day children should engage in at least an hour’s physical exercise:**

Why not try the daily workout with Joe Wicks, the Body Coach. It’s streamed live at 9:00am every day, Monday - Friday. It could be a great part of your daily routine! <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>.

This site has fantastic ideas for PE home learning, active breaks and 60 second challenges.

<https://www.youthsporttrust.org/free-home-learning-resources-0>

There are lots of fun ideas for keeping children active indoors on these sites:

<https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

<https://www.nhs.uk/change4life/activities/indoor-activities>

Fancy dancing to some top Disney tunes? Follow the link below.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

You can still go outside, for a walk, a run or a cycle – or for many of the other ways you normally get active outside that doesn't involve gym or leisure facilities. Make sure that you follow the latest official advice on [social distancing](https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults) and on general hygiene. The government has made it clear that children should not be playing out in groups.