

# Physical activity for children, young people and families

## How to stay active while you & your family are at home

We're all now spending a lot more time at home and that means it's getting harder to keep active. We have put together some ideas and tips to help you & your family get active at home, if well enough.

It is incredibly important to follow the latest Public Health advice for protecting yourself and others from Coronavirus COVID 19, this can be found at [Gov.UK](https://www.gov.uk). Information and advice is also available from the [NHS](https://www.nhs.uk).

Stay Safe, Stay Well, Stay Active.

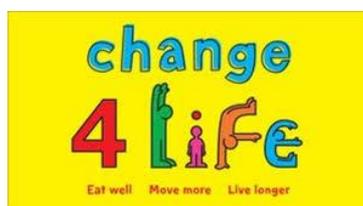
### #StayInWorkOut

Here are some great ways to be physically active in your own home or garden for every day of the week:



<b>Monday</b>	Yoga with One Fit Mama UK at 10am	A FREE guided yoga session for mums and children, toddler to teens. Visit facebook <a href="#">here</a>
<b>Tuesday</b>	PE with The Body Coach	The Nations PE teacher every week day Monday – Friday at 9am. Visit his YouTube channel <a href="#">here</a>
<b>Wednesday</b>	Wildlife Trusts	Plenty of ideas on things to make and do with the entire family, take a look here for more information click <a href="#">here</a>
<b>Thursday</b>	Meditation with Calm Kids	A FREE app for meditation including calming exercises, breathing techniques to help relax. Download the Calm app for FREE.
<b>Friday</b>	Youth Sport Trust	Whether it's a 60 second challenge or a PE Home Learning Activity take your pick <a href="#">here</a>
<b>Saturday</b>	Disney Dance Along	Exercising with your child and get moving to the songs they love. You can learn their moves or put your own spin on their routines. Find out more <a href="#">here</a>
<b>Sunday</b>	Ninja Run	Build a 'ninja run' using pillows, couch cushions, blankets, chairs, garden play equipment as just a few examples for your obstacles.

And if you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share with others.



Currently each day you can still exercise outside, once per day. As long as you are well enough, this includes going for a walk, a bike ride or a jog/run. This must be done either on your own or with members of your household, and please always follow the [social distancing advice](#).

Avoid places where larger numbers of people may be and keep your activity very close to home. Walking is one of the easiest ways to get active outside, if you are able to follow the government guidelines on social distancing.

---

### Other Useful Resources

- [Sport England](#) have useful resources on how to stay active whilst at home
- Enjoy 10 minute shake up games with [Change for Life](#)
- [Les Mills Born to Move](#), when it comes to learning cool moves from dance, martial arts and yoga this is the way to go. Each class lasting 20-40 minutes
- [Go Noodle Kids](#) app provides a huge range of engaging videos perfect for burning off a little energy



---

### Top Five Tips

1. **Make good habits** – Plan your day including how and when you and your family will be active. You can use a diary or the alarm on your phone to set reminders.
2. **Get moving at lunchtime** – Break up your day, align breaks with school and encourage your family to go outside, where possible.
3. **60 minutes** – whatever you do, aim for an average of 60 minutes of physical activity per day.
4. **Keep moving all day** – Move more each day, try standing up and moving during TV advert breaks or episodes.
5. **Take up a hobby/do an active chore** – Active hobbies such as gardening, or active chores such as helping with washing the car or hanging the washing out can be great for keeping active and healthy.

