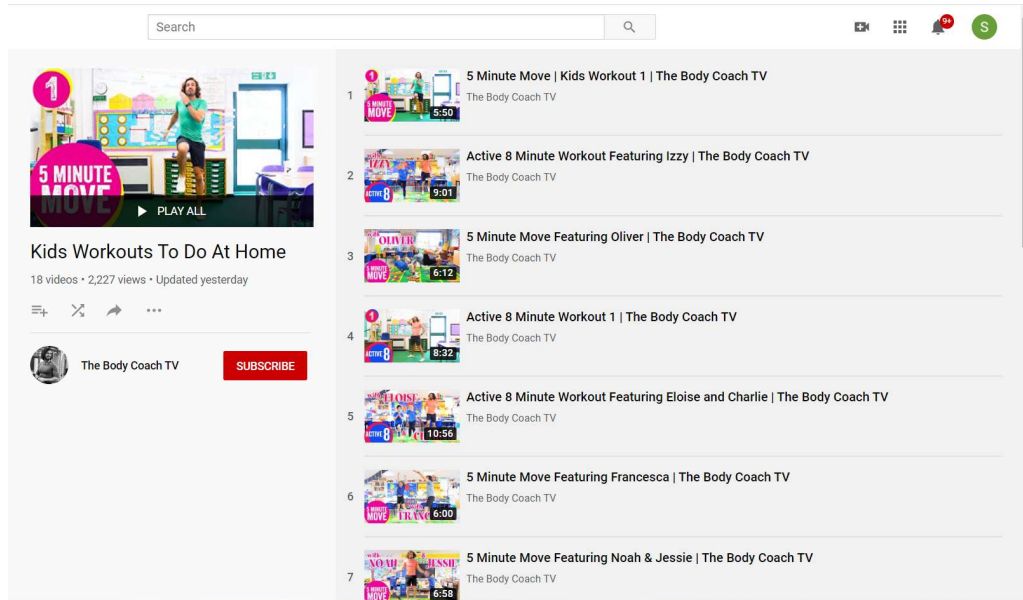


## Physical Activities for Children

We have gathered some useful links for activities to support physical development.

1) The Body Coach for kids.:

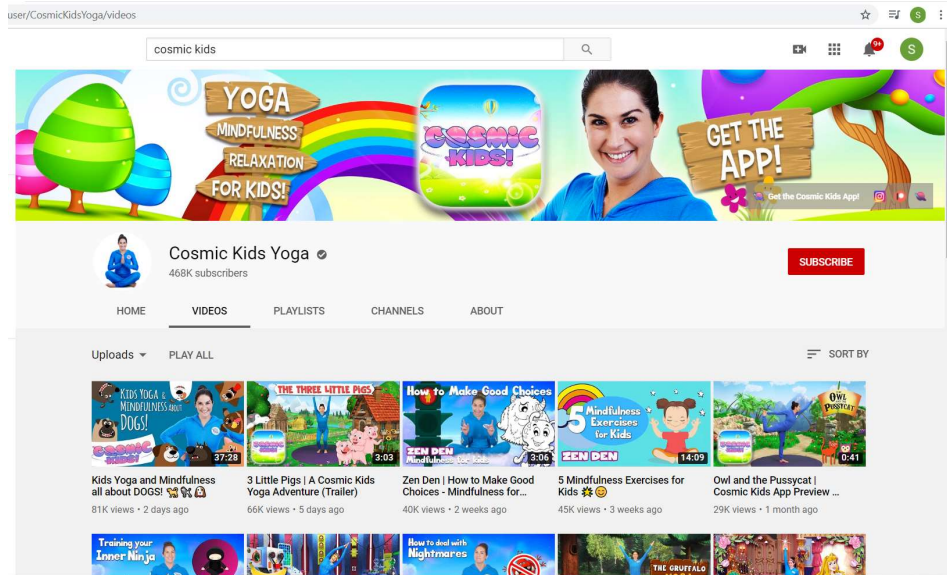
[https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&fbclid=IwAR25gERPxFjrVIXFblnhPGkGGu8iHejm4evl\\_tw-0ID3BCnkbbovzCnvk](https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&fbclid=IwAR25gERPxFjrVIXFblnhPGkGGu8iHejm4evl_tw-0ID3BCnkbbovzCnvk)



A variety of different workouts to do at home.

2) Cosmic Kids Yoga

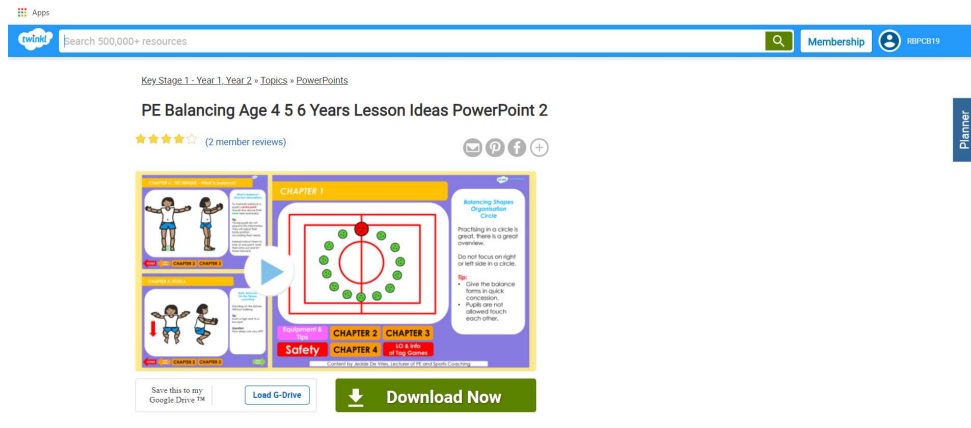
<https://www.youtube.com/user/CosmicKidsYoga/videos>



A variety of videos suitable for you children doing yoga alongside a variety of stories.

3) The following is a useful powerpoint sharing some ideas for balancing activities. This can be accessed on the twinkl website with the free parent log in.

<https://www.twinkl.co.uk/resource/t-t-6657-pe-balancing-4-5-6-years-lesson-ideas-powerpoint-2>



### 3. Go Noodle

Lots of children in the school are familiar with go noodle, lots of physical activities including some dances!

