



Physical Activity Log

	Activity and number of minutes	Activity and number of minutes	Activity and number of minutes	Activity and number of minutes	Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Goal: minimum of 60 minutes a day

Name: _____

Week beginning: _____



Please find some helpful links below to encourage physical activity at home

<https://family.gonoodle.com/>

https://www.youtube.com/results?search_query=just+dance+kids KS2

<https://www.youtube.com/watch?v=d3LPrhI0v-w> KS1 and 2

<https://www.youtube.com/watch?v=xlg052EKMtk> KS1

<https://www.youtube.com/watch?v=ok7V1pWtRzs> KS1



Koo Koo Kanga Roo - Superheroes Unite (Dance-A-Long)

Subscribe to our YouTube channel please: <http://bit.ly/1COOtII>
Koo Koo Kanga Roo's Superheroes Unite (Dance-A-Long Video)
MORE KOO KOO: Spotify: <http://bit.ly/kookangaroo> Apple Music: <https://apple.co/2LTAKg0> Instagram: <http://instagram.com/kookookangaroo> Twitter: <https://twitter.com/KooKooKangaRoo> FB: <http://fb.com/kookookangaroo> T-shirts ...

www.youtube.com



Frozen | A Cosmic Kids Yoga Adventure!

Episode 32 | Frozen | A Cosmic Kids Yoga Adventure! An epic kids yoga adventure inspired by Disney's Frozen! Join Jaime as we make the epic journey through Arendelle with Elsa and Anna. The Frozen story in yoga poses! Learn to teach kids yoga with Jaime: <http://www.cosmickids.com/learn/> Like Cosmic Kids on Facebook: <https://www.facebook.com> ...

www.youtube.com



5 Minute Move | Kids Workout 1 | The Body Coach TV

Great for all ages but aimed primarily at Key Stage 1 40 seconds work | 20 seconds rest Marching On The Spot Star Jumps Low Sprint Shuffle Squats Climb The Rope

www.youtube.com

Home - GoNoodle

GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

family.gonoodle.com

