

## Keeping Active at Home 2020

New physical activity guidelines came out in September 2019 from the Chief Medical Officer: 'current medical evidence recommends an average of 60 daily minutes to be achieved across the week.'

**Here are some ideas you could try at home with your family:**

- **Jump Start Jonny**: Get Children Active  
<https://www.jumpstartjonny.co.uk/free-stuff>

Jump Start Your Day with JSJ! **Jump Start Jonny** is on a mission to get kids fit! His fun workouts and chill-out videos are loved by over 250,000 Jumpsters

- **imoves**  
[theimovement.com](http://theimovement.com)

Lots of Quick Blasts (2 minute activities) on there, as well as Active Blasts with supporting activities (i.e. worksheets to support literacy and maths).

- **GoNoodle** [www.gonoodle.com](http://www.gonoodle.com)

**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 the kids are! **Also a brand new way to experience GoNoodle with GoNoodle Games, a free app created to get kids moving at home and on the go!**

- **Super Movers - BBC Teach** [www.bbc.co.uk > teach > supermovers](http://www.bbc.co.uk/teach/supermovers)

**Super Movers** is helping children across the UK to get physically active with curriculum linked videos e.g. times tables

- **Sanford Fit** [fit.sanfordhealth.org](http://fit.sanfordhealth.org)

**fit** is a health activation program from **Sanford Health**, developed to empower children and parents to make healthy lifestyle choices.

**Active games to play at home:**

- **Discovery Education** <https://www.activekidsdobetter.co.uk/active-home>  
E.g. games to play inside / at home with the family  
'Like Ping Towel Pong' (printable games)
- **Skip2BfiT**
- How many skips can you do in 1 minute

See if you can beat your score each day

Who is the top skipper in your family?

**Have fun and stay active!**