

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

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

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

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!