**Please see a list of websites that provide ideas and videos of ways to keep fit and healthy.**

**Joe Wicks Kids Workouts – Youtube**

<https://www.youtube.com/results?search_query=joe+wicks+kids+workout>  Hiit sessions for children (5min videos can be done in a small space)

**PE with Joe Wicks Monday – Friday 9am live on Youtube** The Body Coach TV #PEwithJOE

**Go Noodle**

[www.gonoodle.com](http://www.gonoodle.com)

Free to sign up for families and educators

**BBC SuperMovers** – 20 minute active learning programme for 9-11 year olds.

<https://www.bbc.co.uk/teach/supermovers/super-movers-day/zbmnnrd>

**Cosmic Kids Yoga – Youtube yoga routines follow**

<https://www.youtube.com/results?search_query=cosmic+yoga>+

**Gymnastic workouts -Twitter**

@maxwhitlock1 the British Olympic gymnast Max is doing 14 days of workouts to complete at home. Follow him on twitter

**@GetSet4PE** – Twitter

will be tweeting an active task each day.

**Imovement** [join.theimovement.com](https://mail.gbhs.co.uk/owa/cssp@gbhs.co.uk/redir.aspx?C=-UVqQTiFlv41aj12bigLekNVAjvcfnuOe39Obcwl3WHzl2MvKsvXCA..&URL=https%3a%2f%2feur02.safelinks.protection.outlook.com%2f%3furl%3dhttp%253A%252F%252Fjoin.theimovement.com%252F%26data%3d02%257C01%257C%257C9c059dfa84ce4f31dd9b08d7c9c8af3c%257Ca8b4324f155c4215a0f17ed8cc9a992f%257C0%257C0%257C637199736095049997%26sdata%3dgbLRdPpydqNZYPvHj1o1dDcvr%252FYq629gw1MR8DKVQpU%253D%26reserved%3d0)

Its free to join just click on the link or follow on twitter @imovesactive keep your children active and healthy with daily session and activities.

**Change4life Activities for Children**

<https://www.nhs.uk/change4life>

10 minute shake up activities to do at home with children.



**Active Essex** <https://www.activeessex.org/keep-active-at-home/> will be providing opportunities and ideas to keep active at home.

**Premier league primary stars** <https://plprimarystars.com/>

For a wide collection of free, curriculum linked activities to educate and entertain children at home.

**Keep an eye on the @southendwestssp twitter page and via www.SPSSA.co.uk for more videos/ideas.**

**Also please tag us in so we can see the ways your keeping busy and active**.

**[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.freepik.com%2Ffree-vector%2Fkeeping-active-logo-with-gymnastics-athlete_4228254.htm&psig=AOvVaw1QLetZU4K6GLUi2yW_O8BN&ust=1584797121526000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjxsb6TqegCFQAAAAAdAAAAABAE)**