

Staying Active At Home

Games, Fitness, Dance, Challenges Ideas

In the table below, you can find some activity ideas to keep active at home.

There's something in here to suit everyone's needs.



Type	Title	Link	Age Group	Description
Home Activities	Active Kids Do Better	Website	5-11	Fun home activities, games
	Busy Toddler	Website	4-11	Arts and crafts ideas
	Change4Life Games	Website	5-11	10 minute shake up games
	Creative Steps	Website	4-11	Fun home dance videos - updated weekly
	Deck of Cards Game	Facebook	All	Physical family activity
	Get Set Tokyo	Website	5-11	Great home activities needing little equipment and space
	I Moves	Website	4-9	Fun videos to copy
	Kid Do	Website	5-11	Sporty activities at home
	Primary PE Planning	Website	4-11	Fun game ideas
	Ready Set Ride	Website	4-9	Videos, fun games to prepare/learn how to ride
	Scouts	Website	5-11	Fun indoor activities
	Ways to keep active indoors	Website Website Website	5-11	List of home activities, games
Home Challenges	Chance to Shine - Cricket	Youtube	5-11	Challenges and videos released every couple of days
	Dan the Skipping Man	Youtube	5-11	Skipping tutorials
	Jump Rope UK	Website	All	Challenges and videos released every couple of days
	Prime Coaching Sport	Youtube	5-11	Skills Challenges videos
Home Dancing	Active Kids Do Better	Website	5-11	Create short easy dance routines including music.
	BBC Supermovers	Website	5-11	Dancing and learning videos on Maths, English, PHSE
	Go Noodle	Website	5-11	Fun songs to dance and sing along to
Home Fitness	PE Coordinator	Website	5-11	List of fitness challenges
	The Body Coach	Youtube	5-11	Live - 9 a.m. everyday fitness/PE videos to do at home
		Youtube	All	Videos of kids workouts for home
Home Lessons	Twinkl	Website	All	
Social Media	Get Set 5 PE	Twitter	5-11	Ideas

