

# STAYING ACTIVE AT HOME

## ONLINE IDEAS FOR 3 - 12 YEAR OLDS

### GO NOODLE

- Available via their website or an app.
- Great for educational videos, exercise, silly songs and lots more.
- Gives you the option to add Youtube video links this means NO MORE ADDS!
- Free and available all the time.



### COSMIC KIDS YOGA

- Available via Youtube, or website & app (cost involved for app).
- Follow Jaime as she goes on lots of Yoga Adventures. From Star Wars to Frozen she has all of your children's interests covered.
- I would recommend installing an add blocker if using the Youtube videos. Or use the links via Go Noodle to take away the adds. Although Youtube try to make sure adds are appropriate you can never be 100% sure.
- Youtube is recommended for 13+ years.



### PE WITH JOE

- Available via Youtube.
- Jo is a PE teacher and Personal trainer based in the UK.
- Each day he releases exercise classes aimed specifically at engaging children.
- Joes also has another channel for adult work outs, why not work out as a family!
- As per Cosmic Kids I am hesitant to recommend Youtube for anyone under 13. So make sure an adult is present, you have an add blocker on, or you save the videos via Go Noodle.



### LESMILLS KIDS CLASSES

- Available via their app or website.
- Did you enjoy going to the gym and doing a Lesmills class? Body Pump? Combat? HIT? Spin? Did you know you can sign up from home?
- They also have a range of classes aimed at kids and youth.
- Born To Move have lots of different age brackets aimed at children's interests.
- Downside is the cost 14 days free then \$24.95 a month however this would also cover your classes if you were interested in exercising from home too.



### THE KARMA CLASS

- Available via their website or app.
- The Karma class is great for everything mindful. Think Yoga, meditation, belly breathing, mantras & more. It is currently free!



### NINJA LIFE

- Available via Youtube.
- Ninja Life - Kids Addition has tutorials on different Karate moves.
- Abbey goes through each move, explaining how to do it safely.
- As per the other Youtube links I highly recommend an adult being present for anyone under the age of 13.



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## ONLINE IDEAS FOR PEOPLE AGED 13+

### JUST DANCE

- Available via Youtube or an app.
- Just like the game you remember without the interaction (on Youtube version). Dance to songs and learn new dance moves.
- Free on Youtube, use 'coins' to buy songs on app.



### SIMPLY SOCCER SKILLS

- Available via Youtube
- Always wanted to learn to play soccer? OR like playing soccer but want to improve your skills? This is the channel for you!
- Learn to kick, pass and much more.
- Easy to follow tutorials, that you can do anywhere.



### NIKE TRAINING CLUB

- Available via their app on iTunes or android stores.
- I have used this app on and off for years. It is great for simple workouts, no equipment necessary.
- This one would be great for the whole family to do together or a teen to do on their own. Choose a specific area to target or do a whole body workout.
- Best part of all it is always FREE!



### LESMILLS TEEN CLASSES

- Available via their app or website.
- Did you enjoy going to the gym and doing a Lesmills class? Body Pump? Combat? HIT? Spin? Did you know you can sign up from home?
- They also have a range of classes aimed at teens.
- Born To Move have lots of different age brackets aimed at children's interests.
- Downside is the cost 14 days free then \$24.95 a month however this would also cover your classes if you were interested in exercising from home too.



### OTHERS

#### YOUTUBE

Practice Yoga  
PMA fitness - Range of workouts

#### SOCIALS

9 Round Fitness - Kickboxing.group  
doing free live tutorials on  
Facebook

#### APPS

Peloton App - free for 90 days. Do  
you have an exercise bike? Like  
riding? This app is for you!

7 min workout app

Nike Run Club - Learn to run or just  
track you local walk.

Down Dog Apps - Free until May 1st  
Yoga, 7 min work outs + more

### POP SUGAR FIT

- Available via Youtube.
- Pop Sugar Fit have a workout for the whole family. Pilates, 20min, 30min or 45min workouts, dance classes, HIT, specific body parts basically anything you can think of they have it.
- For FREE



# STAYING ACTIVE AT HOME

## IDEAS FOR THE WHOLE FAMILY

### SET UP A NINJA WARRIOR COURSE

Set up your own obstacle course inside or outside of your house. You might take this casually or very seriously. Make a crown or trophy, get out your timers and crown the Ninja Warrior of your family.



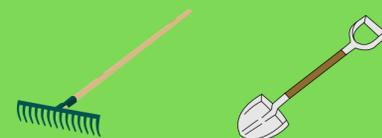
### HIDE AND SEEK

There are many ways to play hide and seek. You might play it the old fashioned way with a person hiding. You might hide an object. You might use a timer and see who is the fastest. Use your whole house or outdoor areas.



### GARDENING

Get the whole family outside to do some gardening. Put on your gloves. Pick an area to fix and get moving. Pull out weeds or plant an edible garden. Allow the kids to read the packets, research what could grow. Collect seeds. The options are endless.



### PLAY A GAME

Get your kids to teach you their favourite game.

- Tiggly?
- Hopscotch?
- Capture the flag?
- Kick or hit a ball?
- Twister
- Table Tennis or Badminton
- Duck, Duck Goose
- Fruit Salad



### BUILD A FORT OR CUBBY HOUSE

Look around your house. What could you use to build a fort or cubby house? Lots of sticks? Build a Teepee or stick fort? Sheets? Build a fort inside using a table and chairs. Make a sign for the fort. The opportunities are endless!



### DANCE

All you need is music. Make up a family dance. It could be any sort of dance you like. You might research your family heritage and learn their sort of dancing. For example I am Irish, I could learn to dance an Irish Jig.

