

Adult Guidance

These workouts have been developed for children (and adults should you wish to join in) to complete at home or in small groups at a safe distance in school.

Moving and being active every day is very important for health and wellbeing. Research shows that physical activity can boost self-esteem, mood and energy as well as having a positive impact on learning and concentration.

Each workout consists of a series of activities for children to complete. You can call out the activities and remind children with each new activity how they can move while still keeping a safe distance apart from each other.

We suggest children spend a couple of minutes on each activity so that their workout will last between 15 and 20 minutes.

Your children can adapt the workout as they choose and could:

- complete the activities in the order shown;
- create their own order for the activities;
- select their favourite activities and spend longer on those ones.

Get your children having fun moving and staying healthy.

Activities can be done with or without shoes – it will depend on whether you are inside or outside and the nature of the activity. Please consider the most appropriate footwear for the location and activity.

