

My Activity Planner

A range of activities for ages 3 - 17



It's really important to try to stay active at this time, even if you have to stay at home right now.

Activity is good for your physical health but it is also good for your mental and emotional health too.

The links in this document will take you to some fantastic activities that you can do at home or whilst out exercising*.



ASN

CLICK THE CHARACTERS TO GET MOVING!!



I love PE
with
Joe Wicks!



PopSugar's
Family Fun
Workout!

Check out
Cosmic Kids
Yoga!



SDS
Be Active,
Be Well

50 Ways to
Experience
Outdoors!



BRING THE
NOISE!



Dance,
Dance,
Dance!!!



Get fit
with
iMoves!

