

## Isolation Challenges

Today we are launching the Isolation Challenge to all students. We know how much physical activity plays a vital role in our every day life and how vital it is to leading a healthy and balanced life. We know how important it will be to keep our children fit and active. We would like to provide you with some challenges and resources to complete at home.

We are tasking you of completing 60 active minutes each day, there are loads of fun options for you and you should try and do a mix of personal challenges, Bingo activities and fun links below.

- Isolation Active Bingo Card
- Fun Fitness Activities Workouts
- Isolation Personal Challenges

Please also see some useful links below to get you started with the bingo challenges and some ideas of how to be active.

### Websites

#### **Change4life Activities for Children**

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

#### **Cosmic Kids Yoga – Youtube**

[https://www.youtube.com/results?search\\_query=cosmic+yoga](https://www.youtube.com/results?search_query=cosmic+yoga)

#### **Joe Wicks Kids Workouts – Youtube**

[https://www.youtube.com/results?search\\_query=joe+wicks+kids+workout](https://www.youtube.com/results?search_query=joe+wicks+kids+workout)

#### **GoNoodle Activities**

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://family.gonoodle.com/channels/fresh-start-fitness>

#### **Joe Wicks Kids Workouts – Youtube**

[https://www.youtube.com/results?search\\_query=joe+wicks+kids+workout](https://www.youtube.com/results?search_query=joe+wicks+kids+workout)

#### **Just Dance**

[https://www.youtube.com/results?search\\_query=kids+just+dance](https://www.youtube.com/results?search_query=kids+just+dance)