

Keeping Fit While at Home During Covid19



Dear Parents and Children,

As the School Games Organiser for the Craven Area of North Yorkshire, I would like to help you all in an attempt to ease the burden of having children at home for the foreseeable future.

I have put together some ideas which hopefully help to keep your children and you active, through this worrying time. I will keep looking for new ideas and forward them on.

With schools now closed and lots of us working from home, having to distance ourselves from social situations and gatherings, it's easy to let levels of physical activity drop or even stop. In fact, at times like these, it is more important than ever to keep active, to keep ourselves physically well, as well as to improve our mental wellbeing.

Short bursts of physical activity will help to keep your child's mind fresh and enable them to focus better on the work that they will have been set from their schools to complete at home while the country is attempting to come through the Covid19 outbreak.

Adults at home with their children can also join in with these activities!

The vast majority of these activities need very little space and can be carried out in the comfort of your own home. There are a variety of activities depending on the age and physical capabilities of the individual.

The Chief Medical Officer recommends that all children and young people do a minimum of 60 minutes of physical activity a day. This does not have to be in one go and can be spread out across the day. This helps with both their physical and mental wellbeing.

I hope that this helps you all over the school closure period.
Look after yourselves and each other.

Ian Simons.
School Games Organiser (Craven).



<https://www.gonoodle.com/>

GoNoodle gets kids up and moving to fun, engaging content and games. There are dances, yoga sessions, mindfulness activities which have all been designed as an opportunity for children to wake up their bodies, engage their minds and be their best.



<https://www.bing.com/videos/search?q=joe+wicks+youtube>

Joe Wicks, otherwise known as "The Body Coach" is an English fitness coach, TV presenter and author. His fitness method uses short intense High Intensity Interval Training (HIIT) workouts. Join in "P.E With Joe" on YouTube to try and help children stay active while off school.



<https://www.teamgb.com/>

Type 'TEAM GB' into your search engine and go to videos. Here you will find lots of videos made by Team GB athletes and coaches. Some of these are more demanding and challenging than others.



<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

A set of six 10 minute exercises designed to be done at home without the need of any equipment.



<https://www.bbc.co.uk/sport/get-inspired/32416767>

Lots of videos for you to follow and join in with top athletes and coaches from a variety of sporting backgrounds. These have been designed for you to do at home without the need for equipment.