



Beverley Minster
C.E. Primary School

Be Active! Be Healthy!

Remember it is just as important to keep moving as it is to keep thinking and reading. Do a little bit of physical exercise every day! Our bodies need to be looked after as well as our brains!

Here are some ways to keep **ACTIVE** and **HEALTHY** whilst at home:



[The Body Coach TV - YouTube](#)

Joe Wicks will be posting daily PE lesson style workout routines. They will be posted everyday at 9am. There's workouts for kids and adults!



[BBC Supermovers](#)

A website full of fun videos which link to learning and getting moving. Suitable for children of all ages.

[Get Set 4 PE - Twitter Account](#)



@GetSet4PE will be posting a daily active challenge every day on their twitter feed every day of school closures!

[Just Dance - YouTube](#)

Check out Just Dance, you're bound to have some fun!



[Cosmic Kids Yoga - YouTube](#)

Perfect for videos of yoga, mindfulness and relaxation. Designed for children as young as 3!

[Oti Babuse - Facebook Live](#)

Every day at 11.30am Oti, from Strictly Come Dancing, will be doing some live Dance routines.



GoNoodle

[Go Noodle - YouTube](#)

They're entertaining and fun! There's a massive range on videos available. Suitable for children of all ages.

[Youth Sport Trust - Website](#)



YOUTH SPORT TRUST

Youth Sports Trust are compiling resources to use at home to support staying active during this time. These resources will be updated regularly.