

Move at Home Adult Guidance

These Move at Home workouts have been developed for children (and adults should you wish to join in) to complete at home. Most can be done inside the home so children can stay active, even if you cannot get outside into a garden or outdoor space.

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 or give your child the instructions to go through by themselves. You don't need to print it out, simply display the instructions on screen and you are good to go.

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 at home 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.

