

Wednesday 29th April

Good morning!

We hope you are all well & enjoying Active Home Week so far!

Here are some suggestions to fill your day today. Please warm up and do some stretches before taking on any high energy activities 😊

Have some fun with a Mamma Mia dance video : Mamma Mia ABBA You Can Dance Wii – All ages can dance to this so if you can, make it a family event! Choose one of the characters to follow and away you go!

<https://www.youtube.com/watch?v=ZNFZ-vsgxrU>

Circuit Training with Katie Taylor – Please make sure an adult supervises you if you decide to look up this video – if you google “Circuit training with Katie Taylor” it will bring you to the page you need to be on. Scroll down to the 1 minute demonstration video & then follow the list she has prepared for everyone. This activity is mentioned on The Idea Cloud you saw on our website on Monday as it is recommended by the Active Home Week organisation. Take it at whatever pace you find comfortable and enjoyable!

Some yoga today might be nice!

There are yoga and meditation videos available on Go Noodle or also on Cosmic Kids.

<https://www.cosmickids.com/category/watch/>

Our younger children should really enjoy these!

Some Skipping activities could also be a good idea today – on the Active School Flag Twitter page, there is a lovely video from SKIPnROPE , doing a short circuit course of different types of skipping! Of course, you could just skip on the spot or around the garden if the weather is nice & dry!

Please remember to make a note of any of the activities you have decided to do today and record them for our Active Chart.

Thank you & enjoy today!