



Wyken Croft  
Primary School

# Staying Active at Home!

Here are a few ways your children can stay active whilst being at home.

## Cosmic Kids Yoga



You can find Cosmic Yoga on YouTube.

Below is a link you can use to access their YouTube channel.

<https://www.youtube.com/user/CosmicKidsYoga/videos>

## Just Dance Kids



You can find Just Dance Kids on YouTube.

Below is a link you can use to access their YouTube channel.

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWwEbFQ/videos>

## Exercises



## Workout video for children

<https://www.youtube.com/watch?v=skSbglIGup8>

## workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 Leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |