**Physical Activity at Home**

We hope your child or children are doing the recommended 60 minutes of daily physical activity at home. This can be done in the form of playing games, obstacle courses, playing a specific sport or doing general fitness and movement activities.

We hope you have managed to access the SPIDERfit Kids resources which was previously recommended.

Whether you are looking for a fast and fun activity to do with your kids, or an entire program, SPIDERfit Kids provides you with videos and other information for ideas and inspiration.

These activities are ideal for kids age 5-10, however they are also beneficial for adults.

A great way of encouraging your child to do more physical activity is to do it along with them.

Please click on the link which will enable you to register and download relevant free resources.

<https://spiderfitkids.com/powerful-play-activities/>

Also, another great free resource your children can access is ‘Joy of Moving’ programme designed to inspire active lifestyles in children. Its aim is to teach children how to enjoy moving through play, and to help them develop positive habits for adulthood.

Beyond this booklet, you can find many more games that your family can do on the Joy of Moving website - **www.joyofmovingresourcehub.co.uk.**

As long as the children are recognising the importance of doing regular physical activity on a daily basis – their physical needs and well-being will be met during these unprecedented times.

Please keep fit and keep safe!

