

Keep The Kids Active

Please see below useful links to keep the kids active whilst at home. You could join in too.

Dance

Just Dance: A Pirate You Shall Be <https://www.youtube.com/watch?v=YCDCwuGcEmA>

Just Dance: I'm A Gummy Bear <https://www.youtube.com/watch?v=6Q7-tzCCh3w>

Just Dance: 5 little monkeys <https://www.youtube.com/watch?v=lxF0iayJR-s>

Just Dance: I Like To Move It <https://www.youtube.com/watch?v=ziLHZeKbMUo>

Just Dance: Walk Like an Egyptian <https://www.youtube.com/watch?v=iacS9EnsepM>

Just Dance: Waka Waka https://www.youtube.com/watch?v=gVfgTw_W_JY

Just Dance: Timber <https://www.youtube.com/watch?v=66wCy2KwIck>

Just Dance: That Power <https://www.youtube.com/watch?v=f3XyYOLfTU4>

Just Dance: What Makes You Beautiful <https://www.youtube.com/watch?v=UQr79y06poU>

Just Dace: YMCA <https://www.youtube.com/watch?v=YCDCwuGcEmA>

Just Dance: Final Count Down <https://www.youtube.com/watch?v=hfY4yl1fMkY>

Just Dance: Who Let The Dogs Out <https://www.youtube.com/watch?v=sixARQZxsys>

Just Dance: Ghost Busters <https://www.youtube.com/watch?v=RYqIVc5Jvjg>

Just Dance: Frozen Let It Go <https://www.youtube.com/watch?v=ERbdjlvG6dg&feature=youtu.be>

Just Dance: Aladdin <https://www.youtube.com/watch?v=M8SIXE-MCFY&feature=youtu.be>

Yoga

Cosmic Kids Yoga: Harry Potter <https://www.youtube.com/watch?v=R-BS87NTV5I>

Cosmic Kids Yoga: Mind Craft <https://www.youtube.com/watch?v=02E1468SdHq>

Cosmic Kids Yoga: We're going On A Bear Hunt <https://www.youtube.com/watch?v=KAT5NiWHFIU>

Cosmic Kids Yoga: Trolls <https://www.youtube.com/watch?v=U9Q6FKF12Qs>

Cosmic Kids Yoga: Moana https://www.youtube.com/watch?v=mGM_I38BqKQ

Cosmic Kids Yoga: Star Wars <https://www.youtube.com/watch?v=coC0eUSm-pc>

Cosmic Kids Yoga: The Wizard of OZ https://www.youtube.com/watch?v=j_3weVPH0-U

Cosmic Kids Yoga: The Hungary Caterpillar <https://www.youtube.com/watch?v=xhWDiQRrC1Y>

Cosmic Kids Yoga: Besty The Banana <https://www.youtube.com/watch?v=40SZl84Lr7A>

Cosmic Kids Yoga: Pedro the Penguin Goes to the Fun Fair <https://www.youtube.com/watch?v=Rzw-Oir8UPw>

Cosmic Kids Yoga: Popcorn and the Pirates https://www.youtube.com/watch?v=T_0P5grVoyg

Cosmic Kids Yoga: Twilight The Unicorn of Dreams
<https://www.youtube.com/watch?v=RLOOQjGAM1s>

Cosmic Kids Yoga: Colonel Crockles the Crocodile <https://www.youtube.com/watch?v=obzFP6eEGAg>

Cosmic Kids Yoga: Go On A Safari Adventure! <https://www.youtube.com/watch?v=kRw6sGwN4U4>

Cosmic Kids Yoga: Sonic The Hedgehog <https://www.youtube.com/watch?v=QM8NjfCfOg0>

Children's Exercise Workouts

Kids Workout 1 Beginners https://www.youtube.com/watch?v=L_A_HjHZxfI

Kids Workout 2 <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

Jungle Exercise for Kids <https://www.youtube.com/watch?v=pJGqlla4Dbw>

Kids Daily Exercise <https://www.youtube.com/watch?v=T8jl4RnHHf0>

Kids Morning Workout <https://www.youtube.com/watch?v=A0dkwlrC6ok>

KIDS CIRCUIT WORKOUT https://www.youtube.com/watch?v=_97QFX3w1E4

Super Mario Workout <https://www.youtube.com/watch?v=i363GqSeAho>

15 MIN KIDS / TEENAGERS HOME WORKOUT <https://www.youtube.com/watch?v=TqF0RpAF4pc>

Despicable Me and Minion Dance Workout https://www.youtube.com/watch?v=QphRMaIB_LM

Kids HIIT Workout <https://www.youtube.com/watch?v=591Stmzm9EA>

Kids 7 Minute Animal HIIT Workout <https://www.youtube.com/watch?v=iTnCNcGd2qc>

Super fun KID'S Workout! 8-Minute HIIT https://www.youtube.com/watch?v=fomkRYcl_mo

Kids Circuit: Drill Workout <https://www.youtube.com/watch?v=S9Yd9eV3RqQ>

Toy Story 4 Figures And Their Exercises For Kids!
<https://www.youtube.com/watch?v=M23DnJMqsAA>

Kids 15 Min Cardio Workout https://www.youtube.com/watch?v=m_8ZyTCexag

Joe Wicks

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

<https://www.youtube.com/watch?v=d3LPrh10v-w>

<https://www.youtube.com/watch?v=2X1p0Yd6WAo>

https://www.youtube.com/watch?v=u0_1QBQ8Syk

<https://www.youtube.com/watch?v=sX05HHni9Wk>

<https://www.youtube.com/watch?v=Y2AkYD10d7Q>

<https://www.youtube.com/watch?v=f1DCBvypjNw>

<https://www.youtube.com/watch?v=UfKf4X0pyKs>

<https://www.youtube.com/watch?v=pIBUgyWd3Ug>

<https://www.youtube.com/watch?v=4OT0feX8ld8>

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

<https://www.youtube.com/watch?v=pICqu1vpAqA>

<https://www.youtube.com/watch?v=XwD23OPFnwE>

<https://www.youtube.com/watch?v=g8X1pvW3Spq>

<https://www.youtube.com/watch?v=H5Gmlq4Zdns>