

Hazelwood Keeping Active At Home

Below are links for activities that you can try and complete each day at home.

- Joe Wicks School and Active Home Workouts – lots of different ones to try out!

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

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

<https://www.youtube.com/watch?v=EXt2jLRlaf8>

- Kids Workout

https://www.youtube.com/watch?v=L_A_HjHZxfl&t=9s

- Kids BOPZ Dance Along

https://www.youtube.com/watch?v=sHd2s_saYsQ

- Family Fun Workout

<https://www.youtube.com/watch?v=5if4cjO5nxo>

- Yoga Activities

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

https://www.youtube.com/watch?v=T_OP5grVoyg (KS1 and Foundation Stage)