

## Fresh Air, Sunlight and Exercise

Exercise should be a key part of your daily routine, as should getting fresh air and sunlight. These things are important for physical and mental health, and again offer scope for doing activities as a family. If your child is well in themselves and able to, then they should be encouraged to be active for at least an hour each day.

Here are a few things they might be able to do:

- Go for a run (adult and child)
- [Joe Wicks – The Body Coach](#)
- [Joe Wicks - PE Lesson, every day 9am](#)
- Learn Pilates
- [Davina McCall – Love Yourself](#)
- [Davina McCall - Own Your Goals](#)

Please bear in mind that exercise can also mean things other than ‘working out’ and can also go beyond the daily schedule as we’ve published it...

- help with the housework etc - scrub a floor, wash the walls, push the Hoover!
- Help with the gardening
- Walk the dog\*
- Walk to the shops for an elderly neighbour\*
- Dance!

\*follow current government advice regarding leaving the house.

### Active Activity Resources

Active Black Country: Support for sport and physical activity  
<https://www.activeblackcountry.co.uk/covid19/>

Active Kids Do Better: Ideas for home active sessions  
<https://www.activekidsdobetter.co.uk/active-home>

Nature Detectives: Outdoor activities  
<https://naturedetectives.woodlandtrust.org/uk/naturedetectives>

NHS 10 min Shake-Up: Disney themed workout games for kids  
<https://www.nhs.uk/10-minute-shake-up/shake-ups>

This Is PE (Youtube): PE activities / skills development for kids and parents using household objects  
[https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy\\_91jDL](https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL)