My Activity Planner

A range of activities for ages 3 - 17



It's really important to try to stay active at this time, even if you have to stay at home right now.

Activity is good for your physical health but it is also good for your mental and emotional health too.

The links in this
document will take
you to some
fantastic activities
that you can do at
home or whilst out
exercising*.

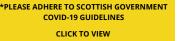
















CLICK THE CHARACTERS TO GET MOVING!



I love PE with Joe Wicks!



PopSugar's Family Fun Workout!







SDS Be Active, Be Well 50 Ways to Experience Outdoors!



BRING THE NOISE!



Dance,
Dance!!!



Get fit with iMoves!

