

Physical activity for young people during COVID-19

Feel better

Learn new skills

Some is good, more is better

Have fun

Online yoga



Make an action movie



Learn to juggle



Create dance routines



Build an obstacle course



Skipping



Challenge mates online



Balloon volleyball



Do activities with your family

Break up sitting during school time by moving about

Check online for activity ideas

Infographic created by Steven Hanson email: hello@floating-boat.co.uk

This infographic is based on the BJSJ blog
Stay safe, be active: Physical activity for children and young people aged 5-8 years during COVID-19