

Keeping active at home

Children aged 1-5 should aim for 180 minutes of physical activity every day. Children aged 5-18 should aim for 60 minutes of physical activity every day. You may find some of these links helpful alongside your child's therapy program to help them to achieve their target level of physical activity. These workouts will also help them to work on some of their goals from therapy such as balance, strength, core stability and coordination.

<u>Description</u>	<u>Link</u>
<p>Andy's wild workouts Series of 10 videos (7 mins long) showing animal themed exercises/movements</p>	 <p>https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts</p>
<p>Oti's boogie beebies Series of dance based videos (5 mins long) each with a different theme</p>	 <p>https://www.bbc.co.uk/iplayer/episodes/m000jsds/otis-boogie-beebies</p>
<p>Cosmic kids Yoga, mindfulness and relaxation for children. Lots of different themed videos eg, frozen, Harry Potter, star wars, minecraft etc as well as videos aimed at younger children which are simpler and easier to follow. This is great for stretching as well as strengthening.</p>	 <p>https://www.youtube.com/c/CosmicKidsYoga/featured</p>
<p>Joe Wicks PE with Joe series – 30 mins exercise aimed at primary age children and older Active 8 – 8 minute workout series for children. Exercises slightly easier than PE series 5 minute moves – 5 minute exercise videos which are a good beginner level.</p>	 <p>https://www.youtube.com/user/thebodycoach1/playlists</p>
<p>Adapt to perform Adapted exercise videos by a paraplegic wheelchair user (based locally in Poole). Aimed at older children/adults. Daily live videos (40-60 mins) based around adapted yoga or fitness.</p>	 <p>https://www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A</p>
<p>Gympanzees - Bustling Butterflies Webpage with links to exercise videos of different difficulties. Aimed at children who are mobile indoors with or without a walking aid but may use a wheelchair for longer distances.</p>	

<https://www.gympanzees.org/exercise-for-children-in-wheelchairs>

National Center on Health, Physical Activity and Disability (NCHPAD)

Youtube page with lots of different exercise videos adapted for different disabilities and ages



https://www.youtube.com/channel/UCe6g__cr5MzrYQ12aOuwNWA

Contact details

Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

Patient Experience
University Hospitals Dorset NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB

Telephone: 0300 019 8499

www.uhd.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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