

# Fun Zoom Activity Sessions

To begin getting active during lockdown you can get involved in our daily zoom activities. Manx Sport And Recreation's Physical Activity Instructors are holding different daily activities for you to get involved in. In order to get active with us, all you will need is a Zoom account.

If you haven't used zoom before:

1. Download the Zoom App
2. Sign up for a free account

For mobile, you can download the Zoom app via the Android or iOS stores or alternatively use the link provided for Windows or MacOS devices.

<https://zoom.us/download>

If you have a zoom account, please Join using the following details:

**Zoom Meeting ID Name**

Activ8 Team Schools

**Zoom Meeting ID**

969 0014 5993

**Meeting Passcode**

498644

## CHILDREN'S ZOOM ACTIVITY SESSIONS

### TIMETABLE

ALL SESSIONS ARE 20 MINS

DATE	TIME	ACTIVITY	INSTRUCTOR
Thursday 14/1/2021	10 am	Fitness Yoga	Josh
Friday 15/1/2021	10 am	Crazy Cardio Blast	Nikki
Monday 18/1/2021	10 am	Core with Christian	Christian
Tuesday 19/1/2021	10 am	FUN-damental Movements	Shaun
Wednesday 20/1/2021	10 am	FUN Bootcamp	Jordan
Thursday 21/1/2021	10 am	Fitness Yoga	Josh
Friday 22/1/2021	10 am	Crazy Cardio Blast	Nikki

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Please consider the following when taking part:

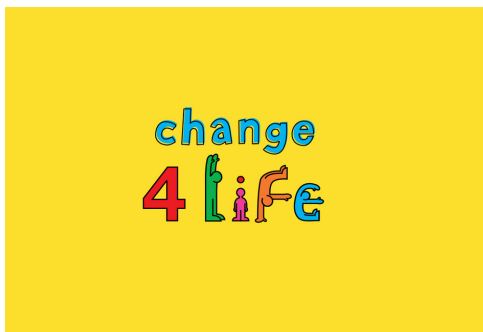
- These sessions are for you to follow. Please follow along at your own pace.
- Only take part if you are well and injury free.
- Consider your environment - Is it safe and suitable to do some activity in?
- To keep safe online, we request that you don't share your audio or video with us.



Obviously, you can get out and be active by walking, running and cycling with your family, whilst in lockdown. To help you do this there are a wide range of fitness apps and technology that you can use to help you track these activities, stay active and help you to be physically active for at least 60 minutes per day.

## TOP PICKS

During lockdown though, it can be hard to know who to listen to or what activities you can do in and around the home to stay active. Here are a couple of our top picks for younger children to look through and try.



Change 4 Life has loads of Disney inspired indoor games and 10 Minute Shake Up activities to help children stay active whilst at home.

<https://www.nhs.uk/change4life/activities>

Barking and Dagenham council in the UK has created a wonderful pdf full of activities and ideas for families to keep active during lockdown.

<https://www.lbdd.gov.uk/sites/default/files/attachments/Sports%20Clubs%20-%20COVID%2019.pdf>

There are lots of channels on YouTube that promote physical activity. Here are some of our suggestions:

1. The Body Coach - Joe Wicks
2. Arat ja Ujot - Our stories
3. Fundoor
4. Cosmic Kids Yoga



The Youth Sport Trust offer free resources for you to use at home. They cover activities for primary, secondary and special educational needs students, as well as, 60 second challenges, family activities and more!

<https://www.youthsporttrust.org/free-resources>