

Family Fitness Fun

Click on an image below to take an online fitness class.
There is an activity to suite every member of the family.



Hey Ninjas! Here is a 15 minute beginner karate class perfect for kids to learn at home This lesson covers a basic warm up, stretches, a basic punch, and a front kick. You'll also learn a special Ninja Life word and learn the Ninja Life oath!

[Click here](#) for lesson 2

These quick easy to learn cheers may help give you and your family motivation you need to take on some of these exercise classes.

[Cheer 1](#) [Cheer 2](#)



This low impact dance fitness class contains three small routines suitable for beginners or active older adults.

[Bonus class](#)



This 15 minute cardio workout has easy to follow instructions and is suitable for the whole family.



These baby ballet classes give toddlers, tots, young children and preschoolers the chance to learn to dance, gain confidence and shine.

Join Movlee and his friends for a series of kids meditation, exercise and yoga. Suitable for toddlers and up, many videos to choose from.



Family Survivor

Create your own survivor challenge course complete with obstacles, challenges and puzzles. This can be done indoors or outdoors and is suitable for all ages in teams or as a solo timed challenge. We've included a few ideas for you, however a quick look around the house we're sure you will come up with the ultimate family survivor challenge.

Things to use

Pool noodles
Furniture
Pavers- can be marked out using chalk or tape
Play equipment - basketball ring, slide, sandpit
Paddling pool and inflatable pool rings
Toys and puzzles
Clothes - incude a dress-up challenge
Paper plates, straws, balloons

Obstacles ideas

Under and over - chairs, furniture
Balance beam - bricks, or log log
Stepping stones - marked pavers, cushions
Utilising existing play equipment
Running with a ball/balloon between the legs

Challenge Ideas

Untying scarves from chair legs or trees
Filling and carrying buckets of sand, rocks, etc
Apple bobbing
Finding toys buried in a sand pit
Moving a balloon or piece of paper using a straw

Puzzle Ideas

Find a number of bricks or blocks and build a tower
Bounce ping-pong balls into plastic cups
Small jigsaw or dot to dot puzzles

[Click here](#) for some great Survivor challenge inspiration.



Parents/Carers: keep your children safe and supervise them whilst they use the internet.