

Islington Additional Needs and Disability Service

MSK Physiotherapy Team

Physiotherapy - General exercise guidance for children and young people during Covid-19:

Now more than ever it is important to maintain your fitness and physical health whilst staying at home.

We have provided the following resources for you and your child to stay active at home to try to achieve the recommended 60 minutes of daily activity – click on any of the following links to get started

All ages

- PE with The Body Coach

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Young children

- Inclusive indoor games and activities for children

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

- CSP Chartered Society of Physiotherapy advice on Self- Management: keeping children active

<https://www.csp.org.uk/news/coronavirus/clinical-guidance/supporting-patients-stay-active-during-covid-19/keeping-children>

- The Body Coach: Kids Beginners Workout

<http://www.youtube.com/watch?v=mhHY8mOQ5eo>

- The Body Coach TV: Kids workouts to do at home

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

- Cosmic Kids Yoga. Aged 3 years +

<https://www.youtube.com/user/CosmicKidsYoga>

- Disney Dance-Alongs

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

- Imovement: learning through movement

<https://imoves.com/imovement-signup>

Older children / Adolescents

- Sport England has a variety of workouts for adolescents and adults for the whole family from strength and conditioning, to yoga and Pilates and mindfulness

https://www.sportengland.org/stayinworkout#get_active_at_home

- NHS 10 Minute workouts

www.nhs.uk/live-well/exercise/10-minute-workouts/

- NHS Pyjama Pilates

<https://www.nhs.uk/video/Pages/pyjama-pilates.aspx>