

	Cardiff City Foundation A free web portal has been developed for 'Primary Stars (Foundation Phase ages 4-7)' and 'Primary Stars (KS2 ages 7-11)'. It will be regularly updated with ideas and guidance for simple activities to do at home, to support families to keep active, motivated and resilient. https://www.cardiffcityfcfoundation.org.uk/pages/category/digital-resources
	Play Wales/ Chwarae Cymru Parents and carers are facing a worrying time as schools and activities that normally keep their children active are closed. Despite this new stress, children will still want and need to play. Follow the links below to some ideas and activities to keep children active while at home https://www.playwales.org.uk/eng/news/1288-playing-actively-in-and-around-the-home https://www.chwaraecymru.org.uk/cym/cartref
	CBeebies Andy's Wild Workouts CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children. https://www.bbc.co.uk/programmes/p06tmmvz/episodes/player
	The Daily Mile With most schools now closed – but children still needing to keep healthy – we would like to introduce all families across the UK to The #DailyMileAtHome. It is an easy and fun way to keep fit and maintain good health and wellbeing for you and your children. https://thedailymile.co.uk/
	Change 4 Life The Change 4 Life Website has a range of activities to get you moving along with how to keep healthy and eat well. The following link will take you to a range of activities, including Disney themed indoor activities. https://www.nhs.uk/change4life/activities The following link will take you to Disney themed indoor activities. https://www.nhs.uk/10-minute-shake-up/shake-ups
	Health Matters Busy feet Physical activity to music https://www.youtube.com/watch?v=MugzDjGDYjo