



It's important to exercise and keep ourselves fit and healthy. Why not start the day off by keeping active. Go for a family walk! Get outdoors, whatever the weather. Try and keep away from other families and groups.

You can also stay fit and healthy by joining in with exercises within the home. Follow the links below and try and do them as a family. Don't forget to do the cool down after your workout.

Zumba Kids – electronic song <https://www.youtube.com/watch?v=FP0wgVhU>



Zumba Kids – I like to move it <https://www.youtube.com/watch?v=ymigWt5TOV8>

Zumba Kids – Freeze dance https://www.youtube.com/watch?v=In_aYUOYZ1o

Taylor Swift – “Shake it off” Zumba kids jr Choreography

<https://www.youtube.com/watch?v=q0U1A7ovy3l>

“Dance Monkey” - Zumba Kids Choreography

<https://www.youtube.com/watch?v=GRM9h8EQ6Bw>

“Rockabye” - Zumba Kids Choreography

<https://www.youtube.com/watch?v=dkH1nZkkNbY>

Banana song by minions - Zumba Kids Choreography

<https://www.youtube.com/watch?v=lcazEBlasJc>

Sticky Kids – Cool Down <https://www.youtube.com/watch?v=sgXpX6tU3mc>



<https://www.youtube.com/watch?v=MugzDjGDYjo> - Busy Feet



https://www.youtube.com/watch?v=NwT5oX_mqS0 - Shake Your Sillies Out

<https://www.youtube.com/watch?v=TSdelhmv6v0> - Head, Shoulders, Knees and Toes.

<https://www.youtube.com/watch?v=5L40pXuNawY> - Dr Knickerbocker

https://www.youtube.com/watch?v=JV-D_K4drsA - The Pinocchio

<https://www.youtube.com/watch?v=FP0wgVhUC9w> - Zumba Kids - Electronic song -Minions

<https://www.youtube.com/watch?v=micW+ETQV8> - Zumba Kids - Like to

