**Physical activity weblinks**

<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>

Parents.com provides an information hub for parents including strength training exercises. Strength training means using body weight to help build up strength. Perfect for kids and the whole family.

<https://www.coreblendtraining.com/10-tips-on-speed-training-for-kids/>

Top tips for speed training in children. Speed and agility training enhance athleticism and make your child more likely to participate in sports.

<https://www.livestrong.com/article/107303-weight-training-workout-routines-kids/>

Weight training routines for children

<https://www.coreblendtraining.com/10-tips-on-speed-training-for-kids/>

Top tips for speed training in children. Speed and agility training enhance athleticism and make your child more likely to participate in sports.

<https://www.livestrong.com/article/232051-speed-agility-training-for-kids/>

Speed and agility training enhance athleticism and make your child more likely to participate in sports.

<https://theinspiredtreehouse.com/child-development-core-strengthening-for-kids/>

Fun core strengthening exercises for children including the correct ways to complete each exercise. This will help with posture and conditioning important everyday muscles.

<https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html>

Fun core exercises for kids. Graphical and written examples of great core exercises for kids to maintain posture and keep them active.

<https://www.merakilane.com/strength-balance-20-super-fun-core-exercises-kids/>

Fun ways for kids to get a great core workout.

<https://www.nzta.govt.nz/resources/walking-school-bus-coordinators-guide/>

The walking school bus is a great and interactive way to get kids active without putting any pressure on them.

<https://www.sharecare.com/health/fitness-exercise>

Information and ideas on fitness and exercise, including cardio and strength

<https://www.scientificamerican.com/article/cardiovascular-system-science-investigate-heart-rate-recovery-time1/>

Get experimental with exercise and find out how well your heart is working and how fit you are.

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

Fun dance routines to get children active and engaged in exercise

<https://www.youtube.com/watch?v=tq9E_9b2W7M>

You Tube of fun children’s dance activities

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

Get some ideas on quick routines to get the children physically active.

<https://www.youtube.com/watch?v=CbsaJW94V6c>

A 20 minute exercise routine.