



# Keep Fit Video

Can you plan, practise and record yourself doing your very own keep fit video? Could you then film yourself to film to share with your teachers and friends to help keep them fit and healthy during lock down?



Maybe you could do your video in the style of Joe Wicks' keep fit videos? For inspiration, have a look at some of his videos on YouTube.

Or maybe the tranquillity of yoga is more your thing? Have a look at some of the Cosmic Kids yoga videos on YouTube for some ideas.



A dance routine to one of your favourite songs or a football coaching session would also work really well. First choose the type of activity you want to do. Next, have a look on YouTube for some inspiration. Then:

1. Write down / draw what you plan to do in the order you will do it.
2. Practise your routine yourself until you've learnt it with confidence.
3. Record yourself using an iPad or other technical device set to record (you could ask somebody else to record you from two meters away!)

You could even dress the part by wearing your school PE kit!

