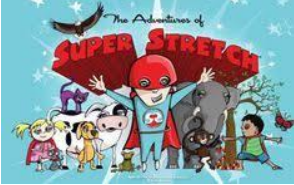






Durham & Chester-le-Street School Sport Partnership
 Working in collaboration with Durham Sixth Form Centre

Website Links to Fitness Activities

	<p>Super Stretch Kids Yoga</p> <p>https://apps.apple.com/us/app/super-stretch-yoga/id456113661</p> <p>NAMASTE is The Adventures of Super Stretch's secret code to help kids learn to find balance and strength in their lives.</p> <p>Each of Super Stretch's friends helps us learn how to use movement and breathing to make every day balanced.</p> <p>Then, real-life kids demonstrate the pose.</p>	<p>Platform = IOS App</p> <p>Cost = Free</p>
	<p>Wuf Shanti Mindful Yoga Fun</p> <p>https://apps.apple.com/us/app/wuf-shanti-yoga-fun-machine/id1296345752?ls=1</p> <p>Wuf Shanti is an adorable dog yoga character that travels the world sharing yoga, meditation, & mindfulness with kids through fun games & music.</p> <p>Shanti means peace. Wuf Shanti was created by a kid for other kids, promotes health, wellness, & happiness in children, & encourages peace and positivity.</p>	<p>Platform = IOS App</p> <p>Cost = Free</p>
	<p>GoNoodle Kids</p> <p>https://family.gonoodle.com/</p> <p>Designed for classroom use, the GoNoodle Kids website has a variety of videos that encourage kids to move, jump, dance and spin.</p> <p>Some videos also have an educational component, such as a song that teaches an exercise concept.</p>	<p>Platform = Website based</p> <p>Cost = Free</p>