

USEFUL WEBSITES

Here you will find a list of websites which have further information and activity ideas.

Change 4 Life

<https://www.nhs.uk/change4life/activities#XPkBSJaWRwyj3gxc.97>

GoNoodle (We use this at West Lodge. You can set up your own free account at home)

<https://www.gonoodle.com/>

Just Dance (Lots of fun videos to dance along to!)

https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg

<https://just-dance.ubisoft.com/en-us/home/>

Just Dance Now

<http://justdancenow.com/>

This Girl Can (Activity Ideas particularly aimed at older girls)

<http://www.thisgirlcan.co.uk/activities/>

Dan the Skipping Man

<https://www.youtube.com/dantheskippingman>