

Hello families, without intention of burdening you more with this extraordinary situation I will try to make you spend a fun time with your children, here are some ideas to carry out these days at home, you can see "clicking" on the link below and where you will find these and other options, this is a bank of resources that you can work or not according to your tastes and interests, these are simple activities that we can all guide but I leave to your discretion the difficulty of the exercises as we each have a different rhythm.

You can find all this on the web, and if anyone wants to share something he thinks is interesting with others you can send it to me and I will gladly make it known to everyone.

Mission Impossible_laser: <https://www.youtube.com/watch?v=zyF8IBVe7uA>

Balance game: <https://www.youtube.com/watch?v=uu2SNcnWvVQ>

Game to jump with colored papers: <https://www.youtube.com/watch?v=wWSrSX7RYN8>

Balance game with toilet paper roll: <https://www.youtube.com/watch?v=Jk6asx39jbs>

Band Trap Game: <https://www.youtube.com/watch?v=7vXOeO1r59M>

Kids HIIT Workout

It is recommended to perform the exercise in a wide and slightly ventilated space (at least on the days when there is a Physical Education on the schedule).

The monitor presents the exercise, it is performed and then there is a rest countdown.

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

P. D.

Here is a very interesting link to keep your children active during quarantine:

<https://saposyprincesas.elmundo.es/consejos/actualidad/cuarentena-con-ninos-en-casa/>

Para resolver las dudas que tengas, puedes contactar conmigo en el siguiente e-mail:
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