

Physical Development

As you know in EYFS we are outside everyday encouraging the children to be active.

Unfortunately, the weather at this time is not always kind so and if it is one of those days here are a few links to some physical activities you may like to try at home.

The children normally love these cosmic yoga activities:

[Cosmic Kids Yoga DANCE PARTY! - YouTube](#)

[We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure! - Bing video](#)

There lots more cosmic yoga sessions you may like to explore my favourite is the Dance Party!!

Another activity that the children enjoyed was Danger mouse :

[Just for Fun: Danger Mouse Level One - BBC Teach](#)

There is also a level 2 !!

Have Fun and it would be great to see some of your yoga poses!!