

PE WITH JOE WICKS

9AM ON YOUTUBE (MONDAY, WEDNESDAY, FRIDAY)

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Hi everyone

As part of your Physical Education curriculum, I would like you to access 'PE with Joe Wicks' three days a week: Monday, Wednesday and Friday. The sessions will be available via the link above from Monday 11th January.

It is extremely important that you look after your physical and mental health while we are all staying home.

With it being at 9am, it is a great way to start your day after breakfast to get your brain into gear as the blood flows around your body, which also helps to wake you up and produce your best work!

This probably won't be set as a 2do **but please still do this each morning that it is available**. I'm sure your teachers will want to see your excellent PE work, so you could use 2email to send videos or photos, tell them how much you enjoyed it, let them know if something was difficult, if you learned anything while doing the workout.

I can't wait to hear from all of your teachers about the effort you put into these workouts!

Mrs Wall (PE coordinator)