**PE with Joe Wicks**

You can take part in a 30 minute PE lesson with Joe Wicks, The Body Coach. It is lots of fun for all of the family.

You can do this live at 9 o'clock Monday-Friday or you can search for it later and do it at a time which suits you.

Staying active is so important not only for our bodies but for our well being and mental health too.

What you need to do: Go to YouTube and search for 'PE with Joe'.

**Online Safety -** Please ensure that children are accompanied all of the time as you using the internet to access You Tube. Plus You Tube has some content which is not appropriate for children, plus the next video plays once the current one has ended.

