

## PE at Home

It can be hard to stay active at this difficult time. If you are feeling fit and well you can follow the government guidelines and go for a walk once a day with members of your household.

There are also a range of online fitness exercises which can be followed. Joe Wicks broadcasts every week day morning at 9 am.

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

Other exercise routines can be found at the following links;

<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>

<https://www.verywellfamily.com/easy-exercises-for-kids-1257391>

Or if you fancy going on a bear hunt.....

<https://www.youtube.com/watch?v=KAT5NiWHFIU>