

Joe Wicks Body and Fitness coach is doing a free fitness work out every morning at 9am from Monday 23rd March for 30 minutes.

So get up, get active and get going!

Just copy the link below

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Here are some more links to get you moving and active.

Have fun

KIDZ BOP Kids - Best Day Of My Life (Dance Along)

<https://www.youtube.com/watch?v=sNog54ovi8Q>

GoNoodle Jump

<https://www.youtube.com/watch?v=NcFkBs2grBw>

Bye Bye Bye - NTV |

GoNoodle <https://www.youtube.com/watch?v=58B4TVE-dT8&list=RDNcFkBs2grBw&index=3>

Freeze Dance for Kids | Music for Kids | The

Kiboomers <https://www.youtube.com/watch?v=2UcZWXvgMZE>