

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

P.E. with Joe



P.E. with Joe | Week 1



P.E. with Joe | Week 2



P.E. with Joe | Week 3

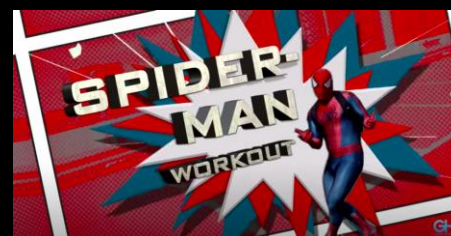


P.E. with Joe | Week 4



P.E. with Joe | Week 5

Superhero workout



Yoga



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Healthy body = healthy mind

Just dance



Fitness fun



PE at home: challenge



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Healthy body = healthy mind

HP & SW workout



Dance



Mindfulness



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Healthy body = healthy mind

Our bodies



Our bodies



Healthy eating

