

## **Keeping fit at home**

Dear children,

In order for you to stay fit and active while at home, click on the following links to try the online workouts and videos.

### **Joe Wicks – The body coach**

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

### **Just dance**

[https://www.youtube.com/results?search\\_query=just+dance](https://www.youtube.com/results?search_query=just+dance)

### **The Havering Big Dance**

This dance is for all of the schools in Havering to learn. Have a go and you can show me what you have learnt when you are back!

<https://www.youtube.com/watch?v=R9POft3eGOA>

From,

Miss Donn