

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

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