



**Exercise and keeping active is very important.** Aim to exercise for at least 30 minutes each day, by participating in the following activities. Record how you feel after exercise (for example, tired, energised, sore, thirsty, hot, ready for the day etc)

Some suggested activities:

### **PE with Joe Wicks**

Live workouts on YouTube Monday –Friday at 9am, lasting around 25minutes. If a morning workout isn't your thing, videos are saved and can be found on Joe's YouTube channel (see the link below)

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

### **Yoga**

We enjoy these Cosmic Kids videos <https://www.youtube.com/user/CosmicKidsYoga>. Have a go and share your favourite Yoga story with your friends.

**Walking/outdoor exercise such as riding a bike, running.**