

### Summer Week 3 PE

Keep tuning into Joe Wicks PE lessons each morning @ 9.00 on You Tube.

If nothing else, try and do some stretching or walking up the stairs a few times or following Captain Tom's footsteps, walking around a room or garden or something, lots of times; stay active.....

As an addition for fitness and well- being, log onto this new site;

If any parents are asking about fitness or wellbeing stuff or you want to suggest any we have a school login for this website: <https://www.fitterfuture.com/schools/>