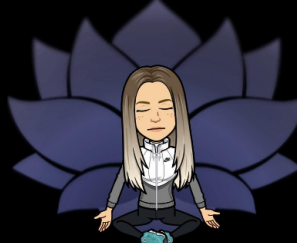
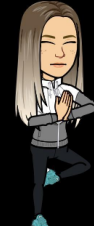


NETFLEX

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

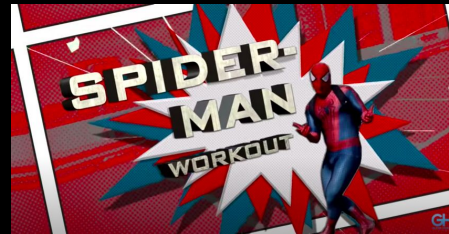


P.E. with Joe | Week 4



P.E. with Joe | Week 5

Superhero workout



Yoga



@Miss_Wiggin

NETFLEX

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



Just dance



Fitness fun

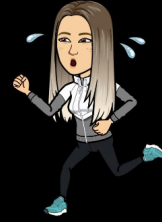


PE at home: challenge

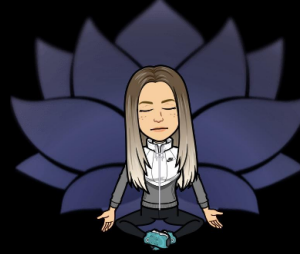


NETFLEX

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



HP & SW workout



Dance

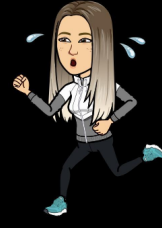


Mindfulness

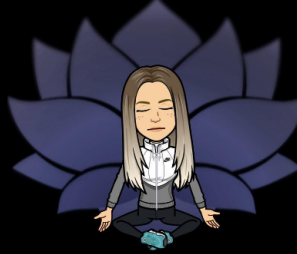
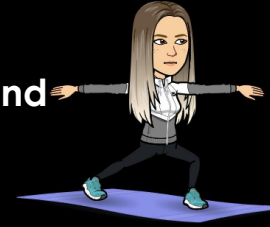


NETFLEX

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



Our bodies



Our bodies



Healthy eating

