

20th March 2020

Home Learning: Physical and mental well-being

During this difficult time it is important to maintain a good physical and mental well-being. This helps to increase mood and build levels of immune systems.

Students not attending school or wishing to maintain / develop fitness levels can now take part in a daily 30 minute home PE/fitness workouts:

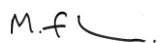
<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

This can be accessed at 9am every morning. Alternatively, students can log on to YouTube and take part anytime through the day.

The You Tube channel is **The Body Coach TV**

It also has lots of fun and interesting fitness activities for students and their families.

Yours Sincerely,



Martin Flowers

Head Teacher