

PE Lessons with Joe Wicks



A screenshot of a YouTube channel page for 'The Body Coach TV'. The main video is titled 'Kids Workouts To Do At Home' and has 18 videos, 2,227 views, and was updated yesterday. Below the video is a 'SUBSCRIBE' button. To the right, a list of videos is shown, including '5 Minute Move | Kids Workout 1', 'Kids Beginners Workout', '5 Minute Move | Kids Workout 2', '5 Minute Move | Kids Workout 3', 'Active 8 Minute Workout 1', and '5 Minute Move | Kids Workout 4'. Each video has a thumbnail and a duration.

1. Visit The Body Coach TV on www.youtube.com
2. Scroll down to 'Kids Workouts To Do At Home'
3. Here you will find 5-8 minute videos that you can try at home!
4. He will also be doing LIVE PE sessions for kids Monday to Friday at 9am. Look out for these on each day!