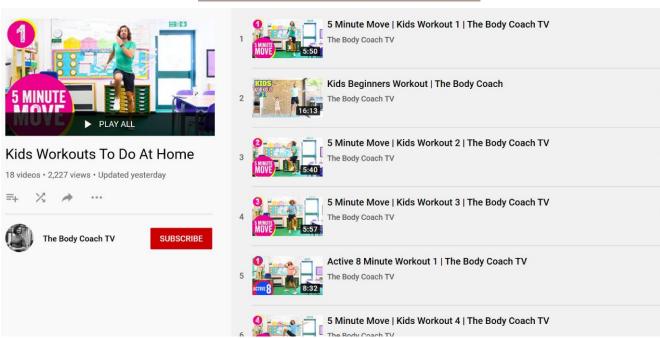
PE Lessons with Joe Wicks





- 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!