

## PE with Joe Wicks

Joe is doing a live daily workout every day at 9am.

It lasts for 30 minutes and will be great for you and the children to do together (it will help pass the day if nothing else!).

To access it live go on to You Tube – search *Joe Wicks* and then *The Body Coach* and at approximately 8:55am you will be transported into Joe Wicks living room!

**HEALTH WARNING:** It is quite hard work!

