PE – 19.1.21

Use the link below to do a work-out. Remember to pace yourself!!!!

[Active 8 Minute Workout 2 | The Body Coach TV - Bing video](https://www.bing.com/videos/search?q=joe+wicks+ks2+workout&&view=detail&mid=578D8D0CFD491E421937578D8D0CFD491E421937&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Djoe%2Bwicks%2Bks2%2Bworkout%26FORM%3DHDRSC4)