

NETFLEX

Just dance



Fitness fun



PE at home: challenge



Daily physical activity is very important to help keep a healthy mind and body.

Click on an image below to try a workout.

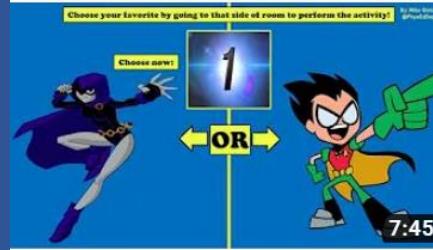
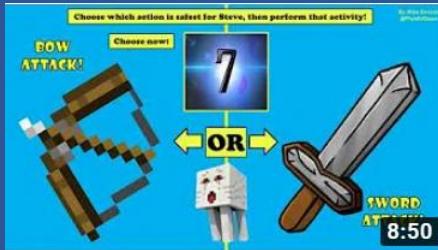


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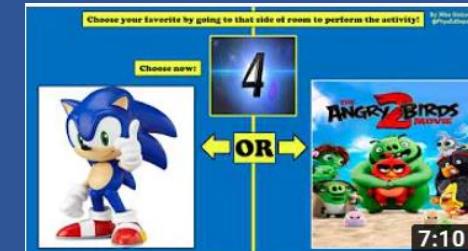
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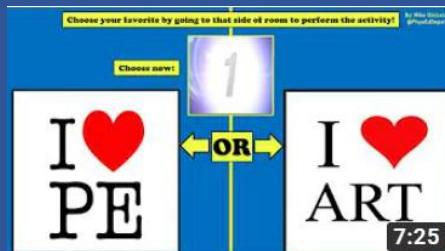
Fitness Fun



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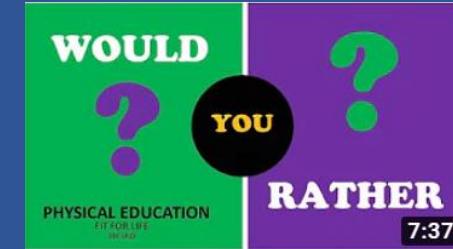
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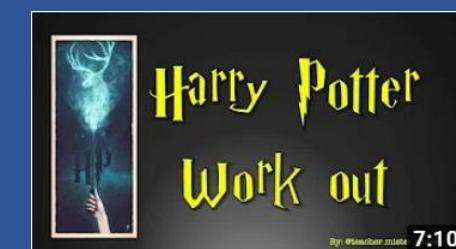
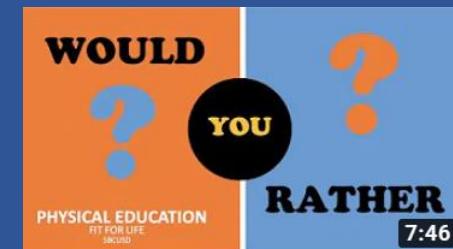
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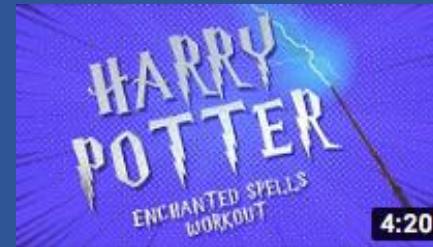


Fitness Fun



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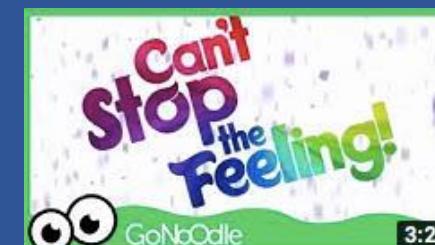
HP & SW workout



Dance



Mindfulness



Daily physical activity is very important to help keep a healthy mind and body.



Click on an image below to try a workout.



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P.E. with Joe



P.E. with Joe | Week 1



P.E. with Joe | Week 2



P.E. with Joe | Week 3



P.E. with Joe | Week 4



P.E. with Joe | Week 5

Superhero workout



Yoga



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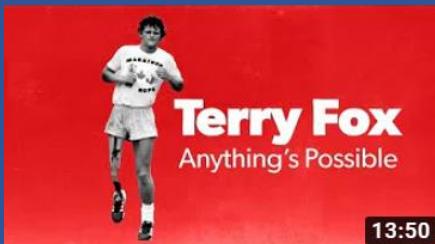
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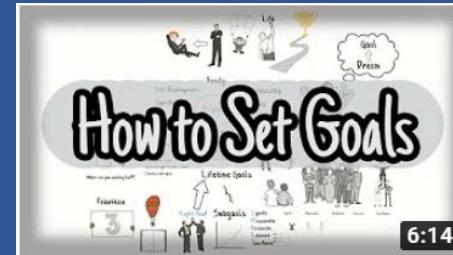
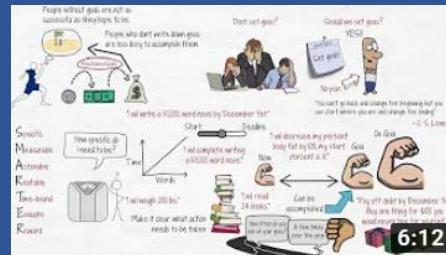
Smoking



Terry Fox



Goal Setting



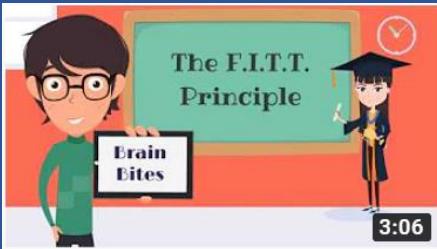
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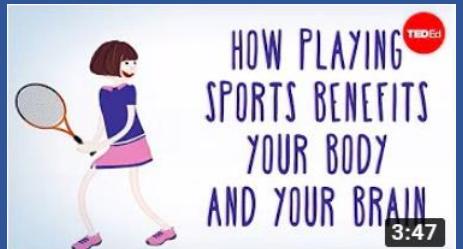
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FITT Principle



Why Exercise?



Juggling



Jump Rope



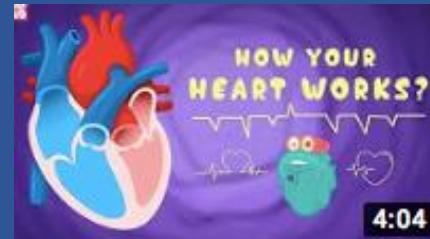
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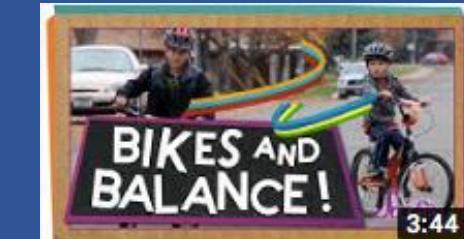
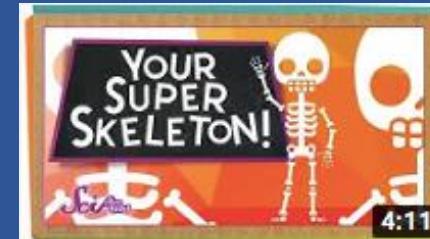
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Our bodies



Our bodies



Healthy eating

