

Free PE sessions

Yoga with Antonia

Links to zoom video classes for daily children's and adults classes starting on Wednesday 25th. Children and families from St Thomas More will be free. You will need to download the zoom app.

If you are interested, please send your email directly to antoniamori@hotmail.co.uk and she will send you invites to each of the sessions on a daily basis.

Joe Wicks – The Body Coach

Joe is streaming live sessions on Youtube - Monday to Friday from 9.00-9.30am.

<https://www.youtube.com/channel/UCAxW1XTOiEJo0TYIRfn6rYQ>

Saracens

Starting next week (week commencing 23rd of March) we will be launching daily online content for pupils who are at home. Content will cover dance, exercise, rugby skills and general fitness. Look out for our content on our social media platforms and Saracens social media platforms.

www.facebook.com/saracenssportfoundation www.twitter.com/saracenssportfo

Imoves

Free membership: <https://imoves.com/imovement-signup>

Get Set 4 PE

You will not need to be a Get Set 4 PE member and it will be completely free.

Simply have a look at the twitter account @GetSet4PE to view the daily task.