



Health and Well Being

1. Joe Wicks

Join in with Joe Wicks' daily exercise class [live on YouTube](#) at 9am every day.

2. African Drumming and dance sequences



Click here for BBC Bitesize's amazing drum and dance activity: [BBC Bitesize Drumming and Dance sequence](#)

This introduces the children to rhythmic movement. Encourage the children to watch the clip and try to join in clapping their hands to the music. Can they try to add in movements in time with the music: jumping, hopping, skipping. Can they copy the dancers on screen?

3. Andy's Wild Workout- African Savannah

A lovely work out set in the African Savannah looking at all the different animals that live there, full of interesting facts and fun animal moves. Click the picture to join in!



4. Busy Feet

Don't forget you can also dance along to our favourite animal songs here on: [Busy feet!](#)

Please take a picture of what you have been up to and email to us at:

[Mrs Timmins email](#) or [Mrs Rudge email](#)

We are putting pictures up on ClassDojo for your child to see their own and others' activities celebrated. If you aren't on ClassDojo yet, [please email us](#) so we can send you the link.

It's lovely receiving all the pictures! Thank you so much!