

## WEEK BEGINNING 1 JUNE

Here is a weekly planner with daily activities for children in each year group to try. For ease, siblings can generally follow the same programme.

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Year 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Cosmic Kid Yoga:</b>  <a href="https://www.youtube.com/watch?v=X-U1y7pX7dNo">https://www.youtube.com/watch?v=X-U1y7pX7dNo</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Check out Mrs Brazendale's online workouts and join in at home</p> <p>Click on the Commit to core links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> </ul>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> </ul>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Cosmic Kids Yoga:</b>  <a href="https://www.youtube.com/watch?v=XU1y7pX7dNo">https://www.youtube.com/watch?v=XU1y7pX7dNo</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Commit to core links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> </ul>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> <li>• <a href="#">Week 1</a></li> <li>• <a href="#">Week 2</a></li> <li>• <a href="#">Week 3</a></li> <li>• <a href="#">Week 4</a></li> <li>• <a href="#">Week 5</a></li> </ul>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p>

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Year 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTERFLY KICKS</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Skipping workout  <a href="https://www.youtube.com/watch?v=9m1LDZGC12Q">https://www.youtube.com/watch?v=9m1LDZGC12Q</a></p>

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Year 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p> <p><b>Skipping workout</b>  <a href="https://www.youtube.com/watch?v=9m1lDZGCI2Q">https://www.youtube.com/watch?v=9m1lDZGCI2Q</a></p>

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Year 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=v-7Vv4ecSCTQ">https://www.youtube.com/watch?v=v-7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 3</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 3</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Skipping workout  <a href="https://www.youtube.com/watch?v=9m1lDZGCI2Q">https://www.youtube.com/watch?v=9m1lDZGCI2Q</a></p>

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Year 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 4</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p> <p><b>Skipping workout</b>  <a href="https://www.youtube.com/watch?v=9m1LDZGCI2Q">https://www.youtube.com/watch?v=9m1LDZGCI2Q</a></p>

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Year 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 45 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Skipping workout  <a href="https://www.youtube.com/watch?v=9m1LDZGCI2Q">https://www.youtube.com/watch?v=9m1LDZGCI2Q</a></p>

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Year 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Ub1M3wQTVtU">https://youtu.be/Ub1M3wQTVtU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 45 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p> <p><b>Skipping workout</b>  <a href="https://www.youtube.com/watch?v=9m1LDZGCI2Q">https://www.youtube.com/watch?v=9m1LDZGCI2Q</a></p>

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Year 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p><b>Boho Beautiful</b>  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 60 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTER FLY KICKS</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><b>Workout activities demonstrated by Mrs Brazendale</b>            Watch her video on:  <a href="https://youtu.be/Ub1M3wQVTvU">https://youtu.be/Ub1M3wQVTvU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p><b>YouTube options:</b></p> <p><b>PE with Joe Wicks</b> is on daily at 9.00am.</p> <p><b>Dance class with Oti</b> is on daily at 11.30am.</p> <p><b>Skipping workout</b>  <a href="https://www.youtube.com/watch?v=9m1IDZGCI2Q">https://www.youtube.com/watch?v=9m1IDZGCI2Q</a></p>

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Year 12 & 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>YOGA MONDAY</b></p> <p>Boho Beautiful  <a href="https://www.youtube.com/watch?v=7Vv4ecSCTQ">https://www.youtube.com/watch?v=7Vv4ecSCTQ</a></p>	<p><b>COMMIT TO CORE TUESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/6t2Zzz3aQTc">https://youtu.be/6t2Zzz3aQTc</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• SEATED ROW</li> <li>• CRUNCH</li> <li>• ELBOW TO KNEE</li> <li>• TOE TOUCH</li> <li>• SIDE PLANK DIPS</li> <li>• BUTTERFLY KICKS</li> </ul> <p>Repeat x 5</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p>Workout activities demonstrated by Mrs Brazendale            Watch her video on:  <a href="https://youtu.be/Ub1M3wQTVtU">https://youtu.be/Ub1M3wQTVtU</a>            to check you have the right technique for safe exercise.</p> <p>30 seconds on each station with 30 seconds rest between each:</p> <ul style="list-style-type: none"> <li>• ARM CIRCLES</li> <li>• ALTERNATE LUNGES</li> <li>• PRESS UPS</li> <li>• SQUATS</li> <li>• TRICEP DIPS</li> <li>• STAR JUMPS</li> <li>• BURPEES</li> <li>• FROG JUMPS</li> </ul> <p>Repeat x 4</p>	<p><b>CARDIO-VASCULAR THURSDAY</b></p> <p>Try and increase your time or distance taking part in an endurance based activity.</p> <p>This could be cycling, running, skipping, etc.</p>	<p><b>WILD CARD FRIDAY</b></p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am.</p> <p>Skipping workout  <a href="https://www.youtube.com/watch?v=9m1lDZGC12Q">https://www.youtube.com/watch?v=9m1lDZGC12Q</a></p>

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