P4-7 HWB Grid

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| Daily 10 – 10 minutes Just Dance videos  Date:  How did you feel after? | Body Coach Schools (on Youtube)  Date:  How did you feel after? | Daily 10 – 10 minutes outdoor activity e.g. skipping, ‘keepie-uppies’ (where appropriate)  Date:  How did you feel after? |
| Guided Yoga (Cosmic Kids or Youtube)  Date:  How did you feel after? | Daily 10 – 10 minutes running/walking (where appropriate)  Date:  How did you feel after? | Fitness 5 a Day – in French  Available on Youtube  Date:  How did you feel after? |
| Fitness 5 a Day – in Spanish  Available on Youtube  Date:  How did you feel after? | Create your own circuit for you and other family members.  Date:  How did you feel after? | Daily 10 – 10 minutes Body Coach Kids Videos (2 videos)  Date:  How did you feel after? |