

5 a day fitness weekly dance /fitness exercises for pupils to participate. Please take some photos of your family participating and send them to the office. ☺

Weekly rotation..... or a new one every 2 weeks?

- 1) <https://player.5-a-day.tv/fitness-space>
- 2) <https://player.5-a-day.tv/fitness-diy>
- 3) <https://player.5-a-day.tv/fitness-spooky>
- 4) <https://player.5-a-day.tv/fitness-superheros>
- 5) <https://player.5-a-day.tv/bollywood>
- 6) <https://player.5-a-day.tv/moves>
- 7) <https://player.5-a-day.tv/fitness-hula>
- 8) <https://player.5-a-day.tv/fitness-charleston>
- 9) <https://player.5-a-day.tv/fitness-funk>
- 10) <https://player.5-a-day.tv/fitness-jubilee>
- 11) <https://player.5-a-day.tv/fitness-pirates>
- 12) <https://player.5-a-day.tv/fitness-cowboys>
- 13) <https://player.5-a-day.tv/vikings>
- 14) <https://player.5-a-day.tv/fitness-all-sports>
- 15) <https://player.5-a-day.tv/fitness-football>