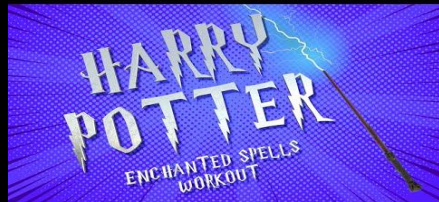


NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

Themed Workouts



Stormbreak Mindfulness



Self-Worth

Hope and Optimism

Resilience

Relationships

Self-Care

NETFLEX

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Healthy body = healthy mind

P.E. with Joe



Brain Breaks



Yoga



NETFLEX

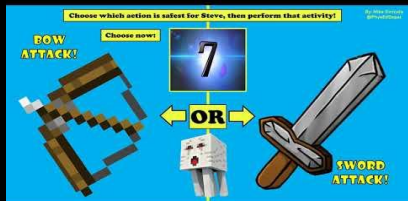
Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

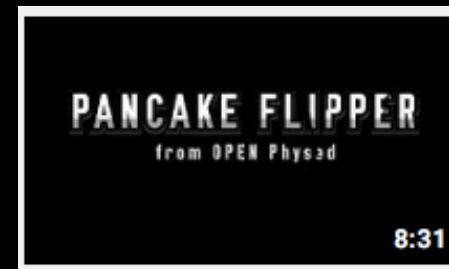
Just dance



Fitness fun



PE at home: challenge



NETFLEX

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Healthy body = healthy mind

LRS Inclusive Activities



Audible Basketball



Target Bean Bags



Target Alley



Rolling Ball Challenge



Number Challenge

WheelPower Workouts



Simple Core Workout



Superhero Workout



Beginner Yoga



No Equipment Cardio



Circuit Training



Guess The Sport



Aeroplane Workout



Adapted Yoga 1



Adapted Yoga 2



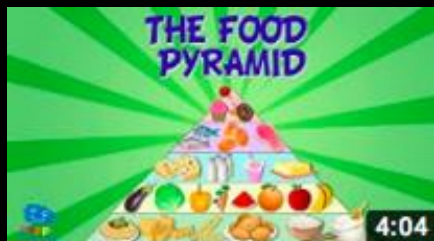
Adapted Yoga 3

NETFLEX

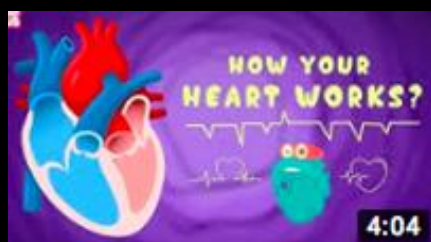
Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

Healthy eating



Our bodies



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

James Sutilfe Fitness



Wheelchair Cardio



Wheelchair Core



Upper-body Workout



Wheelchair HIIT



Wheelchair Workout

Dance



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

MATP



Striking and Kicking whilst lying



Striking with hands



Striking with a bat



Striking with Upper Body



Kicking whilst standing



Striking, Kicking and Dexterity



Mobility: Rolling



Mobility: Across the floor



Mobility: Stepping Up/Over



Mobility: Walking

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

Inclusive Sports at Home



BBS Tennis Workout #1



BBS Tennis Workout #2



100 Shot Rally Challenge



Throw and Catch #1



Volleyball



Throw and Catch #2



Wheelchair Dancing



Home Exercise Inspiration



VI Tennis Activity



Sitting Volleyball