

## DIY PE with Joe

Joe Wickes did a great job of keeping us all active during the first lockdown.

After all his hard work, he probably needs a rest. It is now over to you!

Using the fitness bingo as inspiration and including any of your own exercises, design a fitness workout for you and your household. You can either cut and glue the exercises or write and design your workout.

His 40 second exercise and 20 second break is a great starting point.

### Success Criteria.

Include 10 different activities.

Choose a range of exercises to give your whole body a workout.

Complete your workout with at least 1 family member.

Keep equipment to a minimum.

For outdoor / indoor exercise.

Have fun!

We will choose one workout to set as homework for next week and complete it with the children in school too.