



TIME TO EXERCISE

To help your children improve their fitness skills during this time of home working, we've collated a few resources and links that we hope you will find useful and fun:

PE Workouts for kids

www.youtube.com/user/thebodycoach1/featured - 30mins daily exercise with Joe Wicks

www.facebook.com/sonalsportz - 30mins daily fun, fitness and football

To find out more about education volunteering programmes, or to volunteer for the new school term, please contact ciara.mulgrew@bitcni.org.uk



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