

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

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P.E. with Joe



Brain Breaks



Yoga



NETFLEX

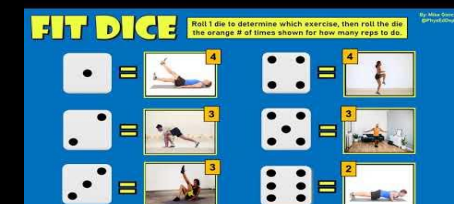
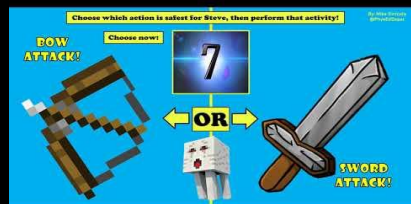
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Just dance



Fitness fun



PE at home: challenge



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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

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Healthy eating



Our bodies



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James Sutcliffe Fitness



Wheelchair Cardio



Wheelchair Core



Upper-body Workout



Wheelchair HIIT



Wheelchair Workout

Dance



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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

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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