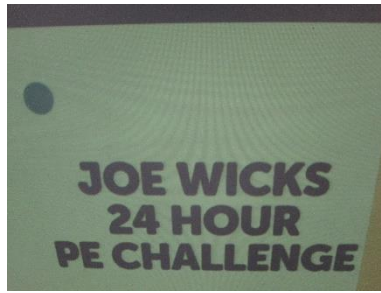


## 24 Hour PE with Joe Wicks



This week on Thursday 12<sup>th</sup> November we took part in the first twenty minutes of Joe Wicks 24 Hour PE challenge for Children in Need. We did a tough HITT workout – we all needed a rest afterwards! We did star jumps, squats and press ups!

