



PE at Newton Hill Community School

Useful websites:

<https://www.youtube.com/user/thebodycoach1>

(Joe Wicks)

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

(The Eatwell guide)

<https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1>

(Information on how to stay fit and healthy)

<https://kidshealth.org/en/parents/fitness-6-12.html>

(How to stay fit and healthy at home)