Eastwood Village Primary School Physical Education

Helping you stay fit and healthy at home.

Physical Fitness

Physical fitness is important to help keep a healthy body and healthy mind.

PE with Joe

Superhero workouts

Physical Fitness

Keeping fit should be fun and challenging! Try these dance workouts and physical challenges.

Just Dance

Fitness Challenges

Mindfulness

Keeping fit and healthy isn't just about your body. You need to keep your mind healthy as well. Doing these activities will help you to control your emotions and increase concentration.

Eastwood Village Primary School

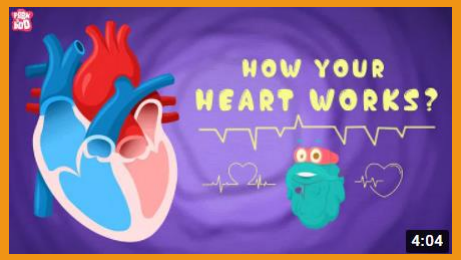
Yoga

Meditation

Healthy Body

Eating a healthy diet is just as important as exercising. A healthy diet will keep your body healthy and give you lots of energy.

Our bodies



Healthy diet