

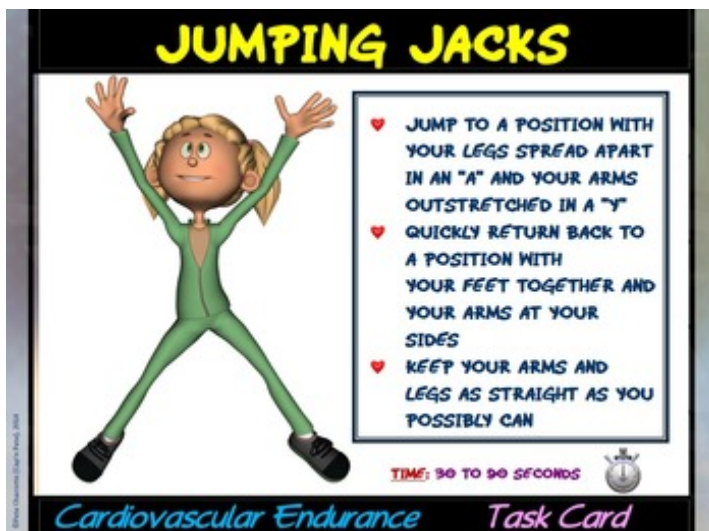
THE WEEKLY BLURB

WEEK OF MARCH 29, 2021

“Regular physical activity is good for the brain as well as the body.”

Source: Expert Statement on Physical Activity and Brain Health in Children and Youth (2018)

Jumping jacks are an efficient total-body workout that you can do almost anywhere.



HANAH TAYLOR
HAND IN HAND PRIMARY SCHOOL
PHYSICAL EDUCATION
229-225-3908
HTAYLOR@TCJACKETS.NET