**Fulford School Physical Education Department want you to stay fit and healthy throughout Lockdown and the school holidays. So why not:**

**Workout the Wright Way**

**Join Mark Wright as he leads you through a range of fun and achievable exercises to help keep you feeling fit and healthy, whether you are a sport superstar or a complete novice. Here you can find all the episodes from Workout the Wright Way, with a new episode added each day at 8am. You can also watch the series on BBC Two at 8.45am each weekday and catch up on BBC iPlayer.**

**Follow this link to find the workouts** [Workout the Wright Way - BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/zdjd4xs)

