# Mr. Norton's Social/Activity groups 3rd$^{th}$ – 6$^{th}$ class

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Joe Wicks P.E. Lesson<br><br>or<br><br>GoNoodle lesson | Mr. Norton's Home exercise lesson | Joe Wicks P.E. Lesson<br><br>or<br><br>GoNoodle lesson | Mr. Norton's Gross Motor skills activity Lesson | Joe Wicks P.E. Lesson<br><br>or<br><br>GoNoodle lesson |

Joe Wicks live/recorded workouts are available on The body coach TV youtube channel.

https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

GoNoodle lessons and activities are available on the GoNoodle website.

https://www.gonoodle.com/

Mr. Norton's Home exercise and Gross Motor Skills activity lessons are available on the school website.

http://stphilips.ie/