FREE FUN HIIT WORKOUT DRAGON SPORTS

Please find attached a communication from Chris Moss, Dragon Sport Officer

Next Monday (25th) Aura will be streaming a live, FREE, fun HIIT workout for all school children, across Flintshire. Children who are either on-site, or at home home-schooling, will be able to benefit from this fitness activity. It will be a 30 minute workout and will consist of FUN own body weight based exercises, which will increase the heart rate, and help to increase overall strength of the body! TEACHERS, you can also take part if you wish to do so, and parents can join in with their children at home.

**Safeguarding**

Session will be run via Aura’s licensed Zoom account. The meeting has been scheduled as a ‘webinar’ so when participants join, they join with NO VIDEO, NO AUDIO, chat mode will be disabled, so all you’ll see when joining is the video (Adam the host). Aura have set the webinar so anyone who joins can ask questions, but those questions go directly to the host and will not be seen by any other participant.

On joining the meeting, participants will be required to input an email address and name. Teachers on-site can input their hwb email address and the name of their school. If teachers are sending this link out to children or parents at home, please ask the parents to input their personal email address and just their first name. Neither Adam as the host or joining participants will see any email addresses, it’s just a requirement when joining a webinar.

**All you need to know about the session**

         When – Mondays (Recurring)

         Time - 10:30am – 11:00am

         VC Platform – Zoom

         Workout will be most suitable for children age 7 to 14

         Equipment – exercise mat

         Exercises will be on the spot. However, some exercises may require a bit more movement)

**To join the session simply click this link 2-3 minutes prior to session start time**

[https://zoom.us/j/95256493681?pwd=SjR5UHpuZ2ZpblkvSW1Rd0V1Yk1IZz09](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fzoom.us%2Fj%2F95256493681%3Fpwd%3DSjR5UHpuZ2ZpblkvSW1Rd0V1Yk1IZz09&data=04%7C01%7CBfheaD%40Hwbcymru.net%7C43356683379e4cc2358708d8beb4944c%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637469030070653857%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=YJaGymksyQ6YqwzOp8jzh5OVteeExGxrvBDMEEe4WT4%3D&reserved=0)

         Same link for the following Mondays

         Teachers feel free to send link onto children at home so they can also benefit from the workout

Alternatively you can join with the following codes :

         Meeting ID – 952 5649 3681

         Passcode - Aura1 (capital A)

**Other Requirements**

         Please make sure children have a drink with them

         Please make sure you arrange your class room or home space accordingly so it’s hazard free.

         Make sure you keep doors and windows open to allow a cycle of cold fresh air

Chris Moss

PPA a Darpariaeth Amgen - PPA & Alternative Provision

Swyddog Campau’r Ddraig - Dragon Sport Officer