

Dear Parent,

I hope you are all keeping Safe & Healthy. With these challenging circumstances in front of us, you may want your children to participate in some physical activity, challenges, keep fit etc over the next few weeks whilst we are house bound.

Healthy Active Body = Positive Minds

As I teach and coach a wide variety of ages in different specific areas I would like to inform you of some of my intentions over the next few weeks.

I have 3 strands within my business (Codex Kids, Speed 4 Sports, Codex360) and many children are involved within different sections. Please see below what we are up to within each.

Please keep safe and I hope to see you all very soon back at my classes.

Kindest Regards

Aled

Codex Kids

Starting on Monday 30th March I will have my You Tube Channel for **Codex Kids** up and running. We will be introducing ALL primary aged children to PE @ Home. This free channel will actually teach children each week a strand from the primary school physical education. School equipment is not available so we have come up with our variations of equipment from Teddy bears , sock balls, body training, learn to run, obstacle courses etc.

The link to my You Tube Channel is here. Please subscribe to it as it will inform you directly when new information goes up on it.

<https://www.youtube.com/channel/UCYDOCIZ490fecV7wRBaAkw>

Starting on Monday 30th March we will be starting “ Daily Challenges “ from Monday to Friday. These are only available on my Twitter account or Instagram account. These challenges are fun and different, but also interactive. Please send me your videos of your child/children doing the challenges.

Twitter @CodexKids

Instagram www.instagram.com/codexkids

Speed 4 Sports

Starting on Wednesday 1st April I will have my You Tube channel for Speed 4 Sports up and running. All videos are free and will be based around the 5 S's we teach within our classes.

Speed

Strength

Stamina

Suppleness

Skills

These videos will show children “specific” ways to train and exercise at home. SIMPLE but specific.

The link to Speed 4 Sports You Tube channel is here . Please subscribe to it as it will inform you directly when new information goes up on it.

<https://www.youtube.com/channel/UCicVjGiP2QYdcqDV-jnPaFQ>

We also have “ Weekly Challenges “ . These are only available on my Twitter account or Instagram account. These challenges are fun and different, but also interactive. Please send me your videos of your child/children doing the challenges.

Twitter @Speed4Sports1

Instagram www.instagram.com/speed4sports

Codex360

Codex360 is an intervention programme for children who have difficulties with –

Motor Skills
Sports Skills
Low Self Esteem
Throwing & Catching
Low confidence in PE & Sports Activities
Balance
Maths
Thinking Ahead
Dyspraxia
Dyslexia

www.codex360.ie

Starting on Wednesday 1st April I will have my You Tube channel for Codex360 up and running. All videos will be based around indoor and outdoor activities for your children to challenge themselves and help develop their skills and confidence.

The link to Codex360 You Tube channel is here . Please subscribe to it as it will inform you directly when new information goes up on it.

https://www.youtube.com/channel/UCpc_nE7ejnXc89dosXIXZYw

We also have “ Weekly Challenges “ . These are only available on my Twitter account or Instagram account. These challenges are fun and different, but also interactive. Please send me your videos of your child/children doing the challenges.

Twitter @Codex3601

Instagram www.instagram.com/codex.360