P.E lessons - Week 2 - Thursday 14th January



Enjoy taking part in some online PE lessons….

Remember to warm up first in a safe space and then…

**Disney Shake up Games**

Use the link <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=zootropolis>

Or search NHS ten-minute shake up games

And choose three activities to try.

**YOGA**

You can use the links below

<https://www.youtube.com/watch?v=j_3weVPH0-U>

or search YouTube for Cosmic Kids Wizard of Oz Yoga (An adult should help you to do this)

Have fun!

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