P.E lessons - Week 4 - Thursday 28th 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 new activities to try.

**Joe Wicks PE**

Next, we would like you to do a workout with Joe Wicks – there’s a bit of a geography quiz for you in there too!

<https://www.youtube.com/watch?v=hnOtrnh80hs>

If you are working from a paper pack at home, please type in the website address above exactly as you see it above if you can, or just get active at home!

Have fun!

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