

PE

Tuesday is our PE day.

Please follow the link to work with Joe Wicks

<https://www.youtube.com/watch?v=I9sciRMnE1c>

If you have enough space you could put together a short gymnastics routine involving 2 different jumps, 1 roll and 2 different balances. Please make sure that the area you do this in is big enough and there are no objects that you will bump into. Do not try to do a forward roll without a mat as you could hurt yourself instead use one of the other rolls that you have looked at with coach Lucy eg teddy bear roll, pencil roll.

Please send a video of yourself via class dojo.