

## PE

We take part in physical exercise twice a week for one hour each and would expect the same at home. However, as you may not have the resources available at home we do not expect you to follow the same curriculum.

We suggest you spend one hour completing high intensity exercise, as we would in our health-related exercise unit. You could use a YouTube video such as Joe Wickes.

Then for the other hour, we suggest following a yoga video to learn some new skills. Your child may enjoy Cosmic Kids Yoga on YouTube.