

PE

We take part in physical exercise twice a week for one hour 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 did in our health-related exercise unit last term.

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.

If you are able to (have an appropriate space and the necessary equipment) you may prefer to have a go at developing the skills that we will be learning in school. On Tuesdays we will be learning tennis and on Wednesdays, gymnastics.