

P.E

It is very important that we are still trying to do as much physical activity as possible while we are at home!

For your second activity this week in PE, see if you can come up with your own warm up routine that you could perform in front of the class when we all come back to school!

Ensure that it gets everyone moving, gets everyone's heart rate up and warms up a range of muscles in the body!



WARM UP!

Once you have created your warm up, ask the people in your house to warm up with you!

Once you are all warm, ask for a score out of 10 for how good everyone thought your warm up was! Hopefully you can get lots of 10's!

10/10