

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 (instead of walking to swimming), see if you can complete this fidget spinner challenge! Place a fidget spinner (or make your own arrow) and spin it! Whichever exercise it lands on, you need to complete a minute of that activity.

Repeat this until you have done 20 minutes worth of exercise! Good luck!

