

PE - Home learning

It's important that we stay active whilst we stay at home, to keep our bodies healthy and active as well as our brains!

Follow this children's yoga video as this week's PE lesson. It's a great way to stretch and move whilst also taking time to be mindful and find some calm time:

https://www.youtube.com/watch?v=on_9AhPQigE

If you want to try something a bit more active too, here is a video you can follow:

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