PE

Please follow the link below and watch the video clip explaining what the PE activity will be for each day. Some of the activities and clips may seem like they are for younger children, but it is still valuable to practice these skills, it will get you up and active and be good exercise!

<https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

MONDAY – Lesson 1

WEDNESDAY – Lesson 2

FRIDAY – Lesson 3