

P.E. Activities

Monday

Go to:

<https://imoves.com/home-learning/1331>

Follow the interactive video all about Healthy Eating.

Tuesday

Go to:

<https://imoves.com/home-learning/1272>

Follow the interactive video and become a 'Wellness Warrior'

Thursday

Go to:

<https://imoves.com/home-learning/1475>

Ask someone to click through the PowerPoint (or print it out), read the poem and complete the moves to go along with the words.

Friday

Go to:

<https://imoves.com/home-learning/1543>

These exercises are a brilliant 'kit bag' to remember for when you are distracted, tired, frustrated, worried, stressed and a host of other situations.