Tuesday 21st April 2020

Primary 1/2 PE

Hope you have had a lovely Easter

1) We are going to start this term with some fitness. In a space, perhaps in your garden, set up a circuit. Use a timer to do each activity for 45 seconds:

1.  2) 
2.  4) 

5)  6) 

2) Now try each one again and see if you can do more of each Rep.

3) Now for strength stretches have a go at the Harry Potter Cosmic Kids Yoga:

<https://www.youtube.com/watch?v=R-BS87NTV5I>