

# Primary 4 PE



Activity Ideas (inside or in your garden)		
Learn some skipping tricks or time yourself	How many keepie uppies can you do?	Throw and catch something bouncing off a wall
Make up your own exercise routine	Build a den	Play hide and seek
Create a building project	Try juggling with 2 or 3 balls	Make up a dance

## Online Resources

Oti Mabuse Dance tutorials	<a href="https://www.youtube.com/user/mosetsanagape/videos">https://www.youtube.com/user/mosetsanagape/videos</a>
Fit Boost Workout Creator	<a href="https://fit.sanfordhealth.org/fit-boost">https://fit.sanfordhealth.org/fit-boost</a>
Dance Moves Challenge	<a href="https://sites.google.com/view/dance-move-challenge/home?authuser=1">https://sites.google.com/view/dance-move-challenge/home?authuser=1</a>
Primary PE Activity Videos	<a href="https://www.youtube.com/channel/UChr6uUwypGKB5Uer_ZEpmgw/videos">https://www.youtube.com/channel/UChr6uUwypGKB5Uer_ZEpmgw/videos</a>