

*For PE this week we would like to you to build on from your sequence last week. Last week, you started to create a sequence of six movements compromising of two high level balances, two medium level balances and finally two low level balances.*

*This week we would like you to add ways of travelling into your routine.*

*For example:*

*Start marching - complete first high level balance.*

*Side step - complete second high level balance.*

*Skip - complete first middle level balance.*

*Hop - complete second middle level balance.*

*Two feet bounce - complete first low level balance.*

*Gallop - complete second low level balance.*

*Be as creative as you like and as always we would love to see what you create on Seesaw.*