

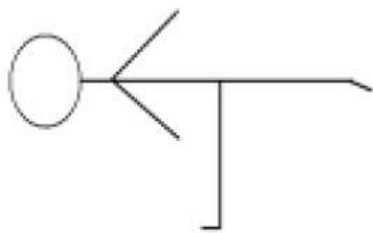
For PE this week we would like you to create a sequence of 6 movements. You need to include 2 movements using a high level, 2 movements using a middle level and 2 movements using a low level.

High levels mean that you create a movement to make yourself as tall as you can. Middle level means you create a movement based on your own height and low level means you crouch down or tuck yourself into a movement to make yourself as small as you can.

If possible we would love to see your sequences on Seesaw.



An example of a high level. Try and get right up on your toes.



An example of a middle level.



An example of a low level. Try and crouch down as much as you can.