

Thursday PE

Today you have a choice of 3 different PE sessions. Choose which you would like to do.

1. Miss Linky Jungle Exercise for Kids



<https://www.youtube.com/watch?v=pJGqlla4Dbw>

2. PE with Joe



<https://www.youtube.com/watch?v=YvrtftiOOVw>

3. Ironstone Children's Yoga – Yoga around the fairytale of Jack and the Beanstalk



https://www.youtube.com/watch?v=SKC_Lgvukv0

At the end of the PE lesson, there is a relaxation session that children might like to do. The children really enjoy this part of our PE lesson in school. Follow the link below.

Rainbow Waterfall: Guided Meditation for Kids.

<https://www.youtube.com/watch?v=hh58j2Yw6dg>