**PE – Yoga**

**This term PE will be focussed on Yoga.**

It is important for you all to stay active while at home. Make sure you take breaks when you need to, go outside for a walk, run, star jumps, skip or take a bike ride. Remember children should be active for at least 60 minutes/1 hour a day.

Here are a few links to help support you with some yoga movements:

<https://family.gonoodle.com/channels/empower-tools>

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

<https://www.youtube.com/watch?v=dF7O6-QabIo>

I have also added a Yoga poses pack on to the files area and you could create your own series of movements with some relaxing music on in the background.

Here are a few links that will help you keep active throughout the day:

Just dance (always check with your parents about the song choices):

<https://www.youtube.com/results?search_query=just+dance>

Exercise videos: <https://family.gonoodle.com/channels/fresh-start-fitness>

If you fancy a squat or push up challenge of ‘Sally up/Down’ you can use this timer:

<https://www.youtube.com/watch?v=koMp3ei4xJw>

Maybe for something even more active you can find Joe Wicks on Youtube:

<https://www.youtube.com/user/thebodycoach1>