P.E lessons - Week 3 - Thursday 21st January



Enjoy taking part in some online PE lessons….

Remember to warm up first in a safe space and then…

**Disney Shake up Games**

Use the link <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=zootropolis>

Or search NHS ten-minute shake up games

And choose three new activities to try.

**HIIT workout**

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

If you are working from a paper pack at home, please type in the website address above exactly as you see it above.

Have fun!

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