

Summer Week 6 PE

- Keep tuning into Joe Wicks PE lessons each morning @ 9.00 on You Tube.
- Also, refer back to week 5 as there were lots of activities on there.

- Below, there is a website from Sustrans for some outdoor activities.

Sustrans Outside In,

- See attachment for activity bingo.

- FINALLY.....Challenge 2

Stork stand - how good is your balance?

How long can you stand on one leg for without losing your balance? Write in your times below.

Practice everyday and see how much you can improve.

Good luck.