Tuesday 6th July.

Physical Education.

Good Morning!

Let’s start off with a warm up to get ourselves ready.

<https://www.youtube.com/watch?v=H1zuAsoGpl4>



Now you have warmed up, let’s go on a bear hunt!



<https://www.youtube.com/watch?v=KAT5NiWHFIU>

Don’t forget to drink water after exercising and rest when you need to.