



Friday 27<sup>th</sup> March

Happy Friday!

On Fridays we have PE. Some great physical websites to get you moving include cosmic kids yoga, go noodle, just dance and Jo Wickes (the body coach) has also been creating videos. You can find the majority of these on YouTube.

Some outdoor PE ideas include throwing and catching a ball or soft item, rolling or kicking a ball and practicing some balances.

After PE see if you can make a healthy snack with some help. What sort of food and drink do you need to make sure it is healthy? Or make something that you fancy! Cake and biscuits are fine to have as a tasty treat! (If you can find the ingredients!)

After all that exercise time for a bit of relaxation. Can you draw, paint or make a picture that makes you feel happy? Why not listen to some music and see if this changes what you want to make or create?

Have a lovely weekend.

Miss Edlin