



Physical Activities

YEAR 1	Mondays		Wednesday
Week 1	PE With Joe on YouTube. 9am https://www.youtube.com/watch?v=d3LPrhI0v-w	Week 1	Physical Activities For Kids: Get Active At Home. 11am https://www.youtube.com/watch?v=3_olssULEk0
Week 2	PE With Joe on YouTube. 9am https://www.youtube.com/watch?v=d3LPrhI0v-w	Week 2	(Frozen) A Cosmic Kids Yoga Adventure! 11am https://www.youtube.com/watch?v=xlg052EKMtk
Week 3	PE With Joe on YouTube. 9am https://www.youtube.com/watch?v=d3LPrhI0v-w	Week 3	12 Easy and fun Exercises For Kids At Home 11am https://www.youtube.com/watch?v=FB5-7tliX-l
Week 4	PE With Joe on YouTube. 9am	Week 4	We're Going on a Bear Hunt A Cosmic Kids Yoga Adventure! 11am



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	https://www.youtube.com/watch?v=d3LPrhI0v-w		https://www.youtube.com/watch?v=KAT5NiWHFIU
Week 5	PE With Joe on YouTube. 9am https://www.youtube.com/watch?v=d3LPrhI0v-w	Week 5	Kids workout 1 Beginners 11am https://www.youtube.com/watch?v=L_A_HjHZxfI