



### Physical Activity

YEARS 6	Monday		Wednesday
Week 1	PE With Joe on YouTube. 9am <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a>	Week 1	Kids workout 1 Beginners!  11am  <a href="https://www.youtube.com/watch?v=L_A_HjHZxfI">https://www.youtube.com/watch?v=L_A_HjHZxfI</a>
Week 2	PE With Joe on YouTube. 9am <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a>	Week 2	Kids Daily Exercise - Day 1  11am  <a href="https://www.youtube.com/watch?v=T8jI4RnHHf0">https://www.youtube.com/watch?v=T8jI4RnHHf0</a>
Week 3	PE With Joe on YouTube. 9am <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a>	Week 3	Kids Home Exercises: Workout To Stay Active At Home  11am  <a href="https://www.youtube.com/watch?v=L-8wW40jTzc">https://www.youtube.com/watch?v=L-8wW40jTzc</a>
Week 4	PE With Joe on YouTube. 9am <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a>	Week 4	Yoga For Beginners   20 Minute Kids Yoga Class with Yoga Ed.   Ages 9-10  11am  <a href="https://www.youtube.com/watch?v=sM5MGLMNN_E">https://www.youtube.com/watch?v=sM5MGLMNN_E</a>



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Week 5	PE With Joe on YouTube. 9am <a href="https://www.youtube.com/watch?v=d3LPrhI0v-w">https://www.youtube.com/watch?v=d3LPrhI0v-w</a>	Week 5	Yoga for Kids/Tweens 11am <a href="https://www.youtube.com/watch?v=kPG3CfY28K0">https://www.youtube.com/watch?v=kPG3CfY28K0</a>