

Lesson 5 – PE – Tuesday 5th January 2021

As PE is now to be completed at home, the aim is to be as active as possible each day, whilst learning new skills along the way.

In school this year, we have been completing 1 fitness based session and 1 skills/sport based lesson each week, as well as providing opportunities for 30 minutes minimum of further exercise each day (morning exercise, brain breaks, break and lunch time sports etc...).

Please use the following resources to help get started. These can be mixed and matched as you see fit:

<https://www.wiltssport.org.uk/schools-new/wiltshire-school-games>