PE

I would like you to be active.

Try and balance a small ball (or anything, maybe a toilet roll) on your foot in the air. Time yourself, see if you can do it for more than 10 seconds. Then have a go with the other foot.

Have a go at this just dance work out

<https://www.youtube.com/watch?v=cwzVMHAZL6Q>

Feel free to pick a different song if you wish.

*You can get other members of your house to join in with this activity! Dancing makes you feel good!*