PE

I would like you to be active.

Lay 4 toilet rolls on the floor in line. I then want you to jump from side to side for 30 seconds. Time yourself how many can you do. Try it again. Then put 2 on top of each other and have another go.

Have a go at this just dance work out

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

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!*