**P.E.**

 **You can choose one of the following options**

1. Enjoy some Yoga exercise and mindfulness with Cosmic Yoga on YouTube.

<https://www.youtube.com/playlist?list=PL8snGkhBF7nj0XY4DQbm203LNMQvbnPyw>



1. Join Joe Wicks (The Body Coach) for a live online P.E. session.

<https://www.youtube.com/results?search_query=P.E.+Joe+Wicks>



1. 