



For P.E. this week you are learning and revising different balances.

Today's lesson is an Oak Academy video.

You will need stretchy clothes, bare feet and some safe space to work in.

<https://classroom.thenational.academy/lessons/an-introduction-to-basic-balance-ccwk2d?activity=video&step=1>

There is a poster on the home learning page for you to see the balances used in the video and some others too.