



For P.E. this week you are learning and revising different rolls and linking them in a sequence with a balance. There are some picture below that show a variety of rolls.

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/exploring-linking-rolls-and-balances-cdgkad?activity=video&step=1>

