

Physical Education

Session 1

Warm up with Brain Gym

<https://www.youtube.com/watch?v=388Q44ReOWE>

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

Cosmic Yoga - Lulu the Baby Lioness

<https://www.youtube.com/watch?v=ZvJH8Kbzi54>

Session 2

Warm up with Brain Gym

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

<https://www.youtube.com/watch?v=ZsaywRY5iPO>

Cosmic Yoga - Squish the Fish

<https://www.youtube.com/watch?v=LhYtcadR9nw>

Session 3

Warm up with Brain Gym

<https://www.youtube.com/watch?v=QwNBhy3L7vA>

https://www.youtube.com/watch?v=NwT5oX_mqS0

Cosmic Yoga - Kickapoo the Kangaroo

<https://www.youtube.com/watch?v=eGNHLzZhX6c>