

Week 3: 4.5.20  
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 - Mimi the Mermaid

<https://www.youtube.com/watch?v=U1UcBGIIf50>

Session 2

Warm up with Brain Gym

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

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

Cosmic Yoga - Harry Potter and The Philosopher's Stone

<https://www.youtube.com/watch?v=R-BS87NTV5I>

Session 3

Warm up with Brain Gym

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

[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

Cosmic Yoga - Alice in Wonderland

<https://www.youtube.com/watch?v=u8sEfRXRuAw>