

Physical Education:Week 8 - 8.6.20

Session 1

Warm up exercises

<https://www.youtube.com/watch?v=MKVe4Zs6KRk>

Cosmic Yoga - Arnold the Ant

<https://www.youtube.com/watch?v=iWowDC3x0hE>

Session 2

Warm up with Brain Gym

<https://www.youtube.com/watch?v=0-rg7Elt1x4>

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

Cosmic Yoga - Stella the Stick Insect

<https://www.youtube.com/watch?v=wBdMZMEKq-s>

Session 3

Warm up with Just Dance Kids

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

<https://www.youtube.com/watch?v=39L-M5nhx6Y>

Cosmic Yoga - relaxation

<https://www.youtube.com/watch?v=KMY2pMsLiJw>