

PE – X5 Weeks

Week 1 - Tuesday:

P.E with Joe

<https://www.youtube.com/watch?v=sX05HHni9Wk>

Week 2 - Tuesday:

P.E with Joe

<https://www.youtube.com/watch?v=Uy1yab7jAcU>

Week 3 - Tuesday:

P.E with Joe

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

Week 4 - Tuesday:

P.E with Joe

<https://www.youtube.com/watch?v=faE7889AlaU>

Week 5 - Tuesday:

PE with Joe

<https://www.youtube.com/watch?v=3Z05939ZMbE>

If you have any PE equipment at home you can do:

- Football
- Volleyball
- Boccia
- Catching games
- Dodgeball
- Obstacle courses