

Thursday 25th February

afternoon task: PE

Click on this link to access the 'jasmine active' website. There are a sequence of videos demonstrating a **jumping and landing challenge** that gets increasingly more difficult, developing your skills as you go along.

<https://real.jasmineactive.com/home/funs/jumping-and-landing/skill/jumping-and-landing>

The idea is to **develop your own skill level** rather than to race to the end and compete with others.

Start with the yellow challenge and **progress** through the colours in order.

Remember the **focus is on maintaining balance and control throughout**. If you are off balance and wobbling a lot, stay at that level and keep working on it until you can maintain balance and control before moving on.

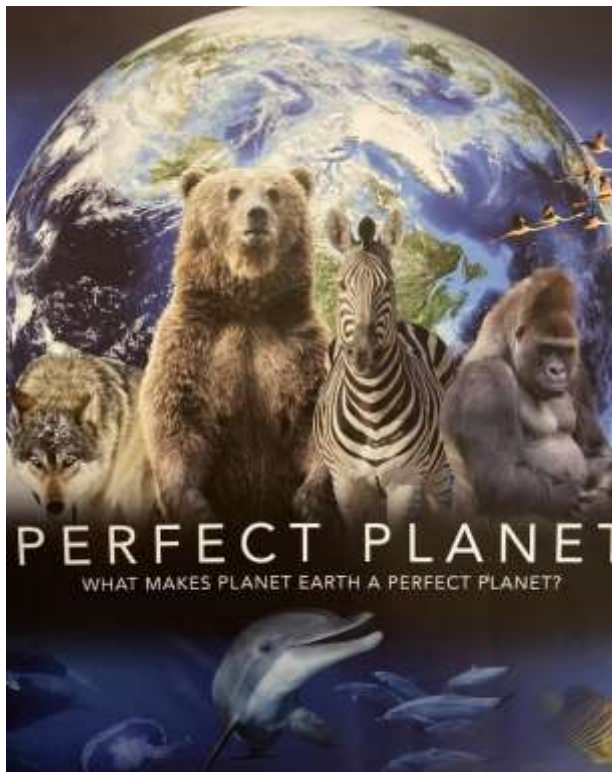


BALANCE

CONTROL

Climate change:

Watch the final episode of '**Perfect Planet**'- Humans



This may give you some ideas for our next section of work on climate change about what we can do as humans to make peace with our planet and considering our own commitment to change.