

AFTERNOON TASKS

Thursday 28th January

Reflections Art/ PE

1- Complete the reflections art task

Remember to work neatly, carefully and remain focused

Continue to follow my step by step instructions in the reflections art folder- enjoy

2- PE- Joe Wicks- Workout time!

Choose any of Joe's workouts (you may want to do the second one from 13th January if you did the first one last week- the **link for this one is below**)

<https://www.youtube.com/watch?v=hnOtrnh80hs>

It lasts **about 25 minutes**



PE- Yoga time!

Click on this link to join in with a very chill yoga session that lasts **about 10 minutes**.

https://www.youtube.com/watch?v=H0ZqRJWd_sg

This week focusing on your **heart**.

Make sure you have **comfortable clothes** on, a **clear space** on the floor and some **quiet** so you can listen and stay calm throughout. Anyone at home (or school) can join in if they like. Enjoy!



Thank you.

**Have a lovely afternoon,
Mrs P**