**P.E**

**Lesson 2 of at home learning:**

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| Syllabus outcome: | LS 2.4Recognises the need for, and participates in, regular physical activity |
| Resources: | - You tube (internet connection)-Area to move about-Water bottle |
| Duration: | 30 mins |
| Lesson: | 1. Prepare for physical activity by clearing a space for movement and having access to the internet |
|  | 2. Click on the You tube link below to follow the **Awesome Kickboxing work out**:<https://www.youtube.com/watch?v=45Xz1Va0FTI>-The link takes students to:[Powered to Move](https://www.youtube.com/channel/UCOihMVHSBmxlcQp8F03rByw)Join Coach Carolyn and the gang for a low intensity workout to get lots of steps and improve brain, balance and body! Coach Carolyn is a certified personal trainer/group fitness instructor and has additional certifications in adapted dance, autism fitness. She is also a mom of three sons, on with autism. |
| Comment: | Comment below with 1 x example of what the student did successfully and 1 x example of what the student is working towards doing better next time. |
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**At home exercises- Awesome kickboxing**