**P.E**

**Lesson 2 of at home learning:**

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| Syllabus outcome: | LS 2.4  Recognises 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**