

P.E

Lesson 1 of at home learning:

At home exercises- Low intensity

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 Low intensity work out: https://www.youtube.com/watch?v=mfarj_zHleY -The link takes students to: Powered to Move 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.