P. E lessons for grades R-3 April 20/04-24/04

Instruction:

- The following activities are to be completed once a week. There is an additional Activity(link provided) that can be done after the below activities have been completed or on a separate day.
- > Parents please demonstrate movements to assist learners.
- Physical activity is essential during this period as it releases endorphins (feel good hormones)

Warm up

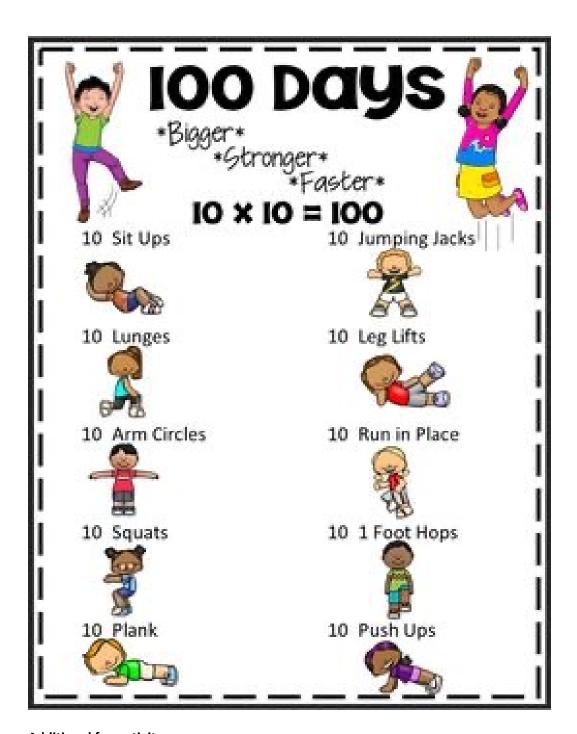


Yoga

- Balance
- Co ordination
- Laterality

Activity

- Locomotor
- Co ordination
- Gross motor function



Additional fun activity

https://youtu.be/388Q44ReOWE