

Remote PE  
Learning  
Week 10  
14/9/2020 -  
18/9/2020

**Monday**

**Tuesday**

**Wednesday**



**Thursday**

**Friday**

**Grades**  
**Prep-2**

**MOOVLEE  
ALPHABET  
YOGA**



**PLASTIC  
CUP  
LONG  
JUMP**

 **WORKOUT  
WEDNESDAY** 

**Grades**  
**3-6**

**TRACK &  
FIELD**

**TRACK &  
FIELD**

 **WORKOUT  
WEDNESDAY** 

**PE with Joe**

Select the latest video and complete the exercises along with the video. Make sure you prepare a workout space and a full drink bottle. Pause the video and complete at your own pace



\*\*\*Please click on the text inside each box and follow the link to the YouTube channel to select the PE lesson for the day.