

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern, layered effect. The shapes are positioned on the left and right sides of the frame, leaving a large white central area for the text.

Thursday 14th January

PE

Here are some PE activities you could try that we have tested in the classroom

https://www.youtube.com/watch?v=4v6Zcc1_tR0 - Fortnite 4 minute workout

<https://www.youtube.com/watch?v=jUJ9wHWxTh4> Marshmello fitness workout

<https://www.youtube.com/watch?v=mUSgKSgS4-E> Disney Dance challenge

<https://www.youtube.com/watch?v=YWgH4HSNnLY> Old Town Road Workout

You could also do some exercise in your garden or go for a walk with your family



