

Active Week 1: Thursday

Please choose from the following options.
Try to complete as many activities as you can:

Yoga

Start your day with some morning Yoga.

<https://www.youtube.com/watch?v=rtC2qADkBuU>

Dance

<https://www.youtube.com/watch?v=lmhi98dHa5w>

Sports Project

Continue to write about your Favourite Sports Star

Motivational Sports Clip

A gymnast who never gave up and kept going to win an Olympic medal.

<https://www.youtube.com/watch?v=TI13LYENJV4>