**P.E. Friday 24th April 2020**

Hello everyone, today you are going to undertake some P.E. I would like you to create a circuit similar to that in the following video:

<https://www.youtube.com/watch?v=ILpC4NaPojY&feature=emb_title>

Challenge yourself to see which level you can get to. Can you get to level 10? Record your fitness level & the time it takes and next week challenge yourself to go further/do it faster.