**P.E. Friday 1st May 2020**

Hello everyone, do you remember that last week I asked you to create a circuit similar to the one in the following video?

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

This week I would like you to make the circuit again and see if you can get to a higher level. If you got to level 10 last week, can you do it faster this week? Remember that fitness doesn’t happen overnight – you have to build up stamina over a period of time, so keep at it.

I look forward to seeing your pictures and/or videos.

Have a great afternoon,

Mrs Russell