

Thursday 14th May 2020

PE

WALT: Set personal exercise goals and keep fit in quarantine

If you haven't already, today try logging onto the Jasmine PE portal:

The website address is: home.jasmineactive.com

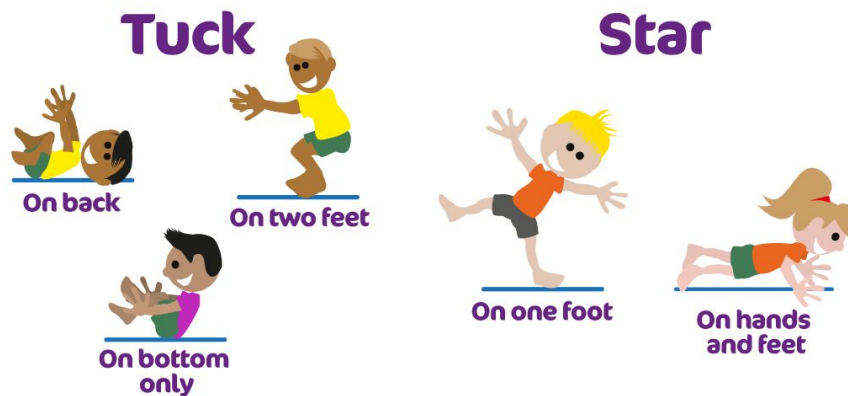
Parent email: parent@crowlanep-1.com

Password: crowlanep

The following physical challenge is taken from there, see if you could try these (safely) at home:

Can you do a tuck and a star...

Easiest:



Medium:

Tuck



Star



Hardest: