Year 3 Healthy Week

Mrs Jones is very sad that we are not able to hold my first Y3 Sports Day together 😞.

So this week I would like you to try out some Yoga – which is healthy exercise for our bodies and for our minds.

Go to the link below and choose an adventure from Cosmic Kids – Harry Potter/Trolls/Star Wars/ Minecraft.

 <https://www.youtube.com/user/CosmicKidsYoga> - play list for Older Kids

Don’t forget to warm your body up and cool down after your exercise.

Have Fun

Namaste 

Mrs Jones.