

# Grade 3 - 6 PE Zoom

(Tailored to these year levels, but everyone is welcome!)



Join in at **2.30pm**

**YOU WILL NEED: your drink bottle, and to wear your runners!**

**Join us to complete a HIIT WORKOUT!**

**This is a high intensity interval workout, where we complete an exercise for a short amount of time and then have a short rest. You complete each exercise at a pace that you are able to.**

<https://us02web.zoom.us/j/84721358065...>

Meeting ID: 847 2135 8065

Passcode: pe2021

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For anyone not joining us on Zoom today...

Try some dance moves to get you moving on GO NOODLE!

Get started with this song from the movie Trolls!

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

If the link doesn't work, search in Google – Go Noodle Trolls

*Have fun! Mrs Simmons*