

## Week 5

Hello!

Which one of these exercises was your favourite? Which one did you find the trickiest?

PE Hub – Gorilla Walk

<https://www.youtube.com/watch?v=qpcncf8cauU>

PE Hub – Camel Walk

<https://www.youtube.com/watch?v=8R0sskAb9PY>

PE Hub – Burpees

<https://www.youtube.com/watch?v=bwSg2bv-ueM>

PE Hub – Bridge

<https://www.youtube.com/watch?v=SE6aMvd5hak>

PE Hub – Arch Hold

[https://www.youtube.com/watch?v=xDQkuogwrHo&list=PLMgdw1KsPoTWZz3vEROpqpmk\\_JV5zo6UE&index=4](https://www.youtube.com/watch?v=xDQkuogwrHo&list=PLMgdw1KsPoTWZz3vEROpqpmk_JV5zo6UE&index=4)

I would love to see your photos and videos of you keeping active –  
Please feel free to email me -

[Keepinghealthy@montbelle.org.uk](mailto:Keepinghealthy@montbelle.org.uk)

Take care and stay safe,

Mrs Helps 😊