

## Morning Yoga Flow

# MORNING YOGA FLOW



5 min meditation



20s Child's Pose



20s Cat Cow



20s Down Dog



20s Three-legged Dog



20s High Lunge



20s Warrior Two



20s Plank



20s Down Dog

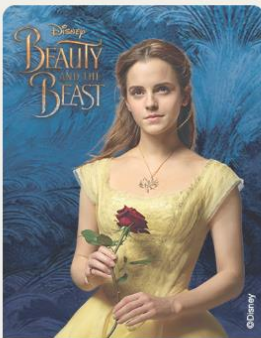
## PE

# 10 Minute Shake Up games

Change4Life and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

**Try these great Shake Up games this summer!**



Beauty and the Beast



Zootropolis



Frozen



Toy Story 4