**Physical Development week 4**

* Just dance – learn how to recycle by doing the Daisy Dance.

Click on the link below,

<https://www.youtube.com/watch?v=Ggvzm0jOp4A>

* Try a fun yoga story with Cracker the dragon

<https://www.youtube.com/watch?v=7NWzS2xziI4>

* If the weather is fine, you could make your own obstacle course in your garden.
* Use whatever you have…
* a rope to balance along
* lay out some stones to walk in and out of while balancing a book on your head
* If you have a hula hoop you could crawl through it
* A spoon and stone to do an egg and spoon race
* Hop along some zigzag lines you could draw on your path with chalk.

You could chalk out numbers to play hopscotch

Below is a link explaining the rules

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