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| PRIMARY 5-7 PHYSICAL EDUCATION PLAN | | | |
| WEEK 1 | WAKE UP- FRESH START- WARM UP  <https://www.youtube.com/watch?v=ALrdpsWYoJs> | LESSON 1- COORDINATION WITH BALL SKILLS  <https://www.youtube.com/watch?v=IvySZYSZFNY&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=2> | GO NOODLE-MELTING  <https://www.youtube.com/watch?v=fTzXFPh6CPI> |
| WEEK 2 | FOLLOW THE LEADER- WARM UP  <https://www.youtube.com/watch?v=riicsTE2TzQ> | 8MIN HITT WORKOUT  <https://www.youtube.com/watch?v=fomkRYcl_mo> | COOL DOWN- STRETCHES  <https://www.youtube.com/watch?v=ry6VB36_pIg> |
| WEEK 3 | AMONG US- GUESS THE IMPOSTER BY COMPLETING THE EXERCISE <https://www.youtube.com/watch?v=aVsJc8uMwB8> | LESSON 2- FOOTWORK PATTERNS  <https://www.youtube.com/watch?v=lfra8pSPEhE&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=3> | GO NOODLE- ON AND OFF  <https://www.youtube.com/watch?v=1ZP-TMr984s> |
| WEEK 4 | SID SHUFFLE  <https://www.youtube.com/watch?v=uMuJxd2Gpxo> | CIRCUIT WORKOUT  <https://www.youtube.com/watch?v=_97QFX3w1E4> | COOL DOWN- STRETCHES  <https://www.youtube.com/watch?v=ry6VB36_pIg> |
| WEEK 5 | WAKA WAKA- JUST DANCE  <https://www.youtube.com/watch?v=gVfgTw_W_JY> | LESSON 3- THROWING FOR ACCURACY  <https://www.youtube.com/watch?v=tHRvquNKf1Q&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=4> | GO NOODLE- RAINBOW BREATH  <https://www.youtube.com/watch?v=O29e4rRMrV4> |