

HOMEBASED LEARNING

Physical Movement Activity

2022

WEEK 4



Topic: Get up and move!

Lesson Objective:

At the end of this lesson pupils will be able to show a short video of them doing the physical activity at home.

Steps to success:

- 1) Watch the videos provided**
- 2) Follow the movements**
- 3) Take a short video doing the activity**
- 4) Submit to teacher via WhatsApp**

Great job!
I hope you enjoyed moving around.
That is all for today.
Thank you & Assalamualaikum