

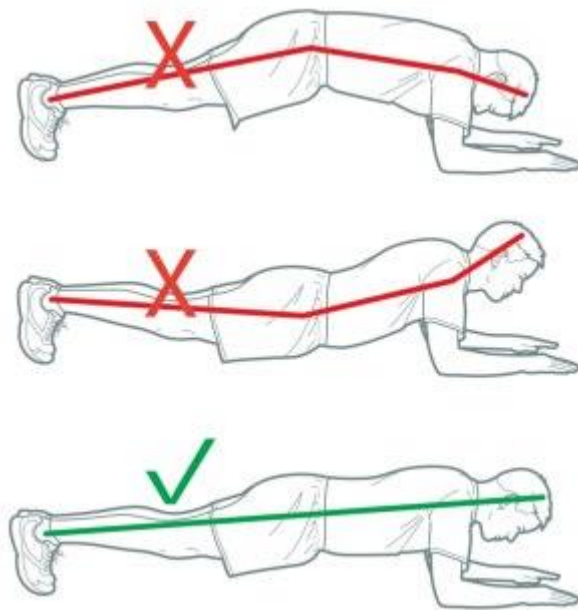
Year 5

Week Beginning 15.06.2020

PE

Core Strength

Look at the picture of how to do a plank below. Try it for yourself and record how long you can hold the position. Then, try to beat your time each day this week. Good luck!



Day	Time
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	