



<https://www.youtube.com/watch?v=EfAfymBl64E&feature=youtu.be> (CLICK HERE)

[Information sheet 1 from PE equipment Video PDF](#) (CLICK HERE)

[Information sheet 2 from PE Equipment video PDF](#) (CLICK HERE)

RISE E LEARNING PHYSICAL EDUCATION

https://docs.google.com/presentation/u/0/d/19D2R37-_czoSLkjmTK4CcVIwlvv2HsNd9g5Hzyjvids/mobilepresent#slide=id.p (CLICK HERE)

60 minutes of physical activity per day is what is recommended:

<http://www.indianashape.org/newsletter/041520.html>