



Fine and Gross motor skills

Useful resources

- Get involved with Joe Wicks' PE sessions or do some Cosmic Yoga each day. Look at the files for other activities to complete.
- Dough Disco is great for fine motor skills
- https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw
- BBC Dancemat helps typing skills: <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

