



### PE and PSHE for EYFS

You can find a separate pdf on our webpage with some **Mindful Monster Activities** that you may like to try with your child to support their creativity, positivity, concentration and relaxation.

These look good fun !!

Shepway Sports have shared with us as a school a website with some really good PE ideas for EYFS there are some live lessons you can follow and some links to Healthy Eating.

<https://www.passltd.org/home-learning>

Keep Active Have Fun Stay Safe