**PE in Hedgehog Class**

Physical activity in primary education is crucial for obvious reasons:

* Muscle strengthening
* Bone strengthening

It is about much more than that, consider:

* Improved mental health
* Improved confidence
* Cognitive development
* Improved teamwork and social skills
* It helps concentration.

The last point is highlighted by the school participation in the daily mile, it readies the children for learning in the classroom.

Specifically, in Hedgehog class we will work on gymnastic skills:

*travelling, balancing, rolling, and making a sequence*