Brazilian Capoeira

Please watch the following demonstration: <https://www.youtube.com/watch?v=-35qxelMt6E>

When you have finished watching the video, find a space in your home that is suitable for you to have a go at the following activity: <https://www.youtube.com/watch?v=OUUKmUm5SzE&t=483s>

It would be great if you could send me a picture or short video clip of you completing this activity.

Have fun!

Miss Bennett