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| **Week Beginning Monday 20th April 2020** |  |
| Year 5 and 6 Content | Resource Attachment |
| **Born to Move** | We have selected the routine below for you to try this week |
| Login details sent to you by School | <https://borntomove.lesmills.com/media/BORN+TO+MOVE+16+8-12+Kaleidoscope/0_bggydsnj/130160092> |
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| **FMS of the Week - Skipping** |  |
| Skipping Coaching Points | Click on the Resources Link Below |
| Skipping Video | https://www.youtube.com/watch?v=KoPIeYA8Hp4 |
|  | IMPORTANT THAT WE MASTER OUR FUNDAMENTAL MOVEMENT SKILLS |
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| **Athletics** |  |
| Athletics Yr 5 and 6 Resource Card | Click on the Resources Link Below |
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| **Dance** |  |
| Part 2 Dance Lesson with Miss Murray | https://www.youtube.com/watch?v=1VKfKZCWmxg&t=1644s |
| Part 1 was sent out week beginning 13th April |  |
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| **Gymnastics** |  |
| Gymnastics Yr 5 and 6 Resource Card | Click on the Resources Link Below |
| Home PE Lesson with Mrs Murphy | https://www.youtube.com/watch?v=hgjlRROKMGw |
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| **Invasion/Target Games** |  |
| Target Games Yr 5 and 6 Resource Card | Click on the Resources Link Below |
| Home PE Lesson with Miss Valentine | https://www.youtube.com/watch?v=G74KgU8zTVg |
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| **Net and Wall** |  |
| Net and Wall Yr 5 and 6 Resource Card | Click on the Resource Link Below |
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| **Yoga and Mindfulness** | It would be great to try our Yoga and Mindfulness activities with an adult in the home. |
| Take 5 Breath Resource Card | Click on the Resource Link Below |
| Mindfulness Self Love Resource Card | Click on the Resource Link Below |
| Yoga Bears KS2 Resource Card | Click on the Resource Link Below |
| Home Yoga Lesson with Ellie | <https://www.youtube.com/watch?v=9nbYEkoiPg0&t=1456s> |
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| **Forest School** |  |
| Egg Box Scavinger Hunt | Click on the Resources Link Below |
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| **Outdoor Adventurous Activities** |  |
| Seeds Resource Cards a & b | Click on the Resources Link Below |
| Seeds Home PE Lessons (you will need the above Resource Card) | <https://www.youtube.com/watch?v=eyRObIQ-koQ> |
| Obstacle Course Resource Cards a & b | Click on the Resources Link Below |
|  | IT IS IMPORTANT THAT YOU HAVE AN ADULT SUPERVISE YOU WHEN BUILDING AND TAKING PART IN THE |
|  | OBSTACLE COURSE |
| **Health and Wellbeing** |  |
| Healthy Eating Resource Card | Click on the Resource Link Below |
| Banana Bread Recipie | Click on the Resource Link Below |
| Blueberry Flapjack Recipie | Click on the Resource Link Below |
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| **West Lancs Sport Partnership Coaches Challenges** |  |
| Throw/Catch Challenge with Mrs Brookwell | https://www.youtube.com/watch?v=H9NGOQmHOxc |
| Reaction Time Challenge with Mrs Hart | https://www.youtube.com/watch?v=KT3DMd53MB4 |
| Wall Tennis with Mr Cook Progression 1 | https://www.youtube.com/watch?v=A6cz-wHM08s |
| Wall Tennis with Mr Cook Progression 2 | https://www.youtube.com/watch?v=H3rciVVXOmI |
| Wall Tennis with Mr Cook Progression 3 | <https://www.youtube.com/watch?v=ONXXkPXiYj0> |
| Wall Tennis with Mr Cook Progression 4 | <https://www.youtube.com/watch?v=rvzuFNuhlxo> |
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| **YEAR 5&6 RESOURCE LINK ON GOOGLE DRIVE** | https://drive.google.com/drive/folders/1dUE1G21WsujVEBS4MJD\_bUlku7o4VPOH |