

Week Beginning Monday 20th April 2020	
Year 1 and 2 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+4-5+Like+A+Butterfly/0_n2ij90g4/130160062
FMS of the Week - Skipping	
Skipping Coaching Points	Click on the Resources Link Below
Skipping Video	https://www.youtube.com/watch?v=KoPleYA8Hp4
Athletics	
Athletics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Dance	
Egyptian Dance Worksheet	Click on the Resources Link Below
Part 2 Egyptian Dance Lesson with Miss Murray	https://www.youtube.com/watch?v=9jDGtFudNM8
Part 1 was sent out week beginning 13th April	
Gymnastics	
Gymnastics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Murphy	https://www.youtube.com/watch?v=1K6w5SiVcsE&t=96s
Invasion/Target Games	
Target Games Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Valentine	https://www.youtube.com/watch?v=pgcs4wBI3To
Net and Wall	
Net and Wall Yr 1 and 2 Resource Card	Click on the Resource Link Below
Yoga and Mindfulness	
	It would be great to try our Yoga and Mindfulness activities with an adult in the home.
Bumble Bee Breath Resource Card	Click on the Resource Link Below
Mindfulness 5-4-3-2-1 Resource Card	Click on the Resource Link Below

Yoga Bears KS1 Resource Cards	Click on the Resource Link Below
Home Yoga Lesson with Ellie	https://www.youtube.com/watch?v=ouOVyTPUMOY&t=988s
Forest School	
Egg Box Scavenger Hunt	Click on the Resources Link Below
Healthy 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
	You will need help from an adult in your home to cook these recipies
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=H3rciVVXOml
YEAR 1&2 RESOURCE LINK ON GOOGLE DRIVE	https://drive.google.com/drive/folders/1Lx2uxpMC81bBnHvUc1SrAjVz4K-gl9Ov

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