

<b>Week Beginning Monday 20th April 2020</b>	
<b>Year 5 and 6 Content</b>	<b>Resource Attachment</b>
<b>Born to Move</b>	We have selected the routine below for you to try this week
Login details sent to you by School	<a href="https://borntomove.lesmills.com/media/BORN+TO+MOVE+16+8-12+Kaleidoscope/0_bggysnj/130160092">https://borntomove.lesmills.com/media/BORN+TO+MOVE+16+8-12+Kaleidoscope/0_bggysnj/130160092</a>
<b>FMS of the Week - Skipping</b>	
Skipping Coaching Points	Click on the Resources Link Below
Skipping Video	<a href="https://www.youtube.com/watch?v=KoPleYA8Hp4">https://www.youtube.com/watch?v=KoPleYA8Hp4</a>
	<b>IMPORTANT THAT WE MASTER OUR FUNDAMENTAL MOVEMENT SKILLS</b>
<b>Athletics</b>	
Athletics Yr 5 and 6 Resource Card	Click on the Resources Link Below
<b>Dance</b>	
Part 2 Dance Lesson with Miss Murray	<a href="https://www.youtube.com/watch?v=1VKfkZCWmxg&amp;t=1644s">https://www.youtube.com/watch?v=1VKfkZCWmxg&amp;t=1644s</a>
Part 1 was sent out week beginning 13th April	-
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<b>Gymnastics</b>	
Gymnastics Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Murphy	<a href="https://www.youtube.com/watch?v=hgjIRROKMGw">https://www.youtube.com/watch?v=hgjIRROKMGw</a>
<b>Invasion/Target Games</b>	
Target Games Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Valentine	<a href="https://www.youtube.com/watch?v=G74KgU8zTVg">https://www.youtube.com/watch?v=G74KgU8zTVg</a>

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<b>Net and Wall</b>	-
Net and Wall Yr 5 and 6 Resource Card	Click on the Resource Link Below
<b>Yoga and Mindfulness</b>	<b>It would be great to try our Yoga and Mindfulness activities with an adult in the home.</b>
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	<a href="https://www.youtube.com/watch?v=9nbYEkoIPg0&amp;t=1456s">https://www.youtube.com/watch?v=9nbYEkoIPg0&amp;t=1456s</a>
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<b>Forest School</b>	
Egg Box Scavenger Hunt	Click on the Resources Link Below
<b>Outdoor Adventurous Activities</b>	
Seeds Resource Cards a & b	Click on the Resources Link Below
Seeds Home PE Lessons (you will need the above Resource Card)	<a href="https://www.youtube.com/watch?v=eyRObIQ-koQ">https://www.youtube.com/watch?v=eyRObIQ-koQ</a>
Obstacle Course Resource Cards a & b	Click on the Resources Link Below
	<b>IT IS IMPORTANT THAT YOU HAVE AN ADULT SUPERVISE YOU WHEN BUILDING AND TAKING PART IN THE</b>
	<b>OBSTACLE COURSE</b>
<b>Health and Wellbeing</b>	-
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
<b>West Lancs Sport Partnership Coaches Challenges</b>	

Throw/Catch Challenge with Mrs Brookwell	<a href="https://www.youtube.com/watch?v=H9NGOQmHOxc">https://www.youtube.com/watch?v=H9NGOQmHOxc</a>
Reaction Time Challenge with Mrs Hart	<a href="https://www.youtube.com/watch?v=KT3DMd53MB4">https://www.youtube.com/watch?v=KT3DMd53MB4</a>
Wall Tennis with Mr Cook Progression 1	<a href="https://www.youtube.com/watch?v=A6cz-wHM08s">https://www.youtube.com/watch?v=A6cz-wHM08s</a>
Wall Tennis with Mr Cook Progression 2	<a href="https://www.youtube.com/watch?v=H3rciVVXOml">https://www.youtube.com/watch?v=H3rciVVXOml</a>
Wall Tennis with Mr Cook Progression 3	<a href="https://www.youtube.com/watch?v=ONXXkPXiYj0">https://www.youtube.com/watch?v=ONXXkPXiYj0</a>
Wall Tennis with Mr Cook Progression 4	<a href="https://www.youtube.com/watch?v=rvzuFNuhlxo">https://www.youtube.com/watch?v=rvzuFNuhlxo</a>
<b>YEAR 5&amp;6 RESOURCE LINK ON GOOGLE DRIVE</b>	<a href="https://drive.google.com/drive/folders/1dUE1G21WsjVEBS4MJD_bUiku7o4VPOH">https://drive.google.com/drive/folders/1dUE1G21WsjVEBS4MJD_bUiku7o4VPOH</a>