

<b>Week Beginning Monday 27th April 2020</b>	
<b>Year 1 and 2 Content</b>	<b>Resource Attachment</b>
Born to Move	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+18+6-7+Hip+Hop+Style/0_h042m25u/130160062">https://borntomove.lesmills.com/media/BORN+TO+MOVE+18+6-7+Hip+Hop+Style/0_h042m25u/130160062</a>
<b>FMS of the Week - Balance</b>	
Balance Coaching Points	Click on the Resources Link Below
Balance Video	<a href="https://www.youtube.com/watch?v=KEzbkxKZWRc">https://www.youtube.com/watch?v=KEzbkxKZWRc</a>
<b>Athletics</b>	
Athletics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Emily	<a href="https://www.youtube.com/watch?v=S7PUav8v5jk">https://www.youtube.com/watch?v=S7PUav8v5jk</a>
<b>Dance</b>	
Aladin Dance with Miss Murray	<a href="https://www.youtube.com/watch?v=qlgMoEvenCE&amp;t=1370s">https://www.youtube.com/watch?v=qlgMoEvenCE&amp;t=1370s</a>
<b>Gymnastics</b>	
Gymnastics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Murphy	<a href="https://www.youtube.com/watch?v=C2YxifVGxLQ&amp;t=434s">https://www.youtube.com/watch?v=C2YxifVGxLQ&amp;t=434s</a>
<b>Invasion/Target Games</b>	
Target Games Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Ellen	<a href="https://www.youtube.com/watch?v=7LwLfVVUE2c&amp;t=134s">https://www.youtube.com/watch?v=7LwLfVVUE2c&amp;t=134s</a>
<b>Net and Wall</b>	
Net and Wall Yr 1 and 2 Resource Card	Click on the Resources Link Below

<b>Striking and Fielding</b>	
Striking and Fielding Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Jordan	<a href="https://www.youtube.com/watch?v=5f_1eXNUnJ0&amp;t=42s">https://www.youtube.com/watch?v=5f_1eXNUnJ0&amp;t=42s</a>
<b>Yoga and Mindfulness</b>	<b>It would be great to try our Yoga and Mindfulness activities with an adult in the home.</b>
Snake Breath Resource Card	Click on the Resource Link Below
Mindfulness - My Gratitude List Resource Card	Click on the Resource Link Below
Yoga Bears KS1 Resource Cards a & b	Click on the Resource Link Below
Home Yoga Lesson with Ellie	<a href="https://www.youtube.com/watch?v=DRKpQziUxwU">https://www.youtube.com/watch?v=DRKpQziUxwU</a>
<b>Forest School</b>	<b>You will need help from an adult in your home for this activity</b>
Leaf Bashing Resource Card	Click on the Resources Link Below
Leaf Bashing Video with Miss Haworth	<a href="https://www.youtube.com/watch?v=oW26RliC29w&amp;feature=youtu.be">https://www.youtube.com/watch?v=oW26RliC29w&amp;feature=youtu.be</a>
<b>Active Maths</b>	
Active Maths Timed Shuttle Run Resource Card a & b	Click on the Resources Link Below
<b>Outdoor &amp; Adventurous Activities</b>	
Egg Parachute Resource Card	Click on the Resources Link Below
Egg Parachute Video with Mr Taylor	<a href="https://www.youtube.com/watch?v=khz--xfuOWY">https://www.youtube.com/watch?v=khz--xfuOWY</a>
<b>Healthy and Wellbeing</b>	<b>You will need help from an adult in your home to cook this recipe</b>
Rainbow Swirl Ice Pops Recipe	Click on the Resource Link Below
KS1 Circuit Challenge with Mrs Walmsley	<a href="https://www.youtube.com/watch?v=oRkV14khgb8&amp;t=207s">https://www.youtube.com/watch?v=oRkV14khgb8&amp;t=207s</a>

<b>Challenges Of The Week</b>	
Air Balloon	Click on the Resources Link Below
Phonics Hopscotch	Click on the Resources Link Below
<b>YEAR 1&amp;2 RESOURCE LINK ON GOOGLE DRIVE</b>	<a href="https://drive.google.com/drive/folders/1ahtWN2bJg7yoQJtN7SkatXWB6klsaud5">https://drive.google.com/drive/folders/1ahtWN2bJg7yoQJtN7SkatXWB6klsaud5</a>