

Week Beginning Monday 27th April 2020	
Year 3 and 4 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+17+8-12+High+On+Life/0_zap2awjh/130160092
FMS of the Week - Balance	
Balance Coaching Points	Click on the Resources Link Below
Balance Throw Video	https://www.youtube.com/watch?v=KEzbxKZWRc
	IMPORTANT THAT WE MASTER OUR FUNDAMENTAL MOVEMENT SKILLS
Athletics	
Athletics Yr 3 and 4 Resource Card	Click on the Resources Link Below
Dance	
Part 3 Dance Lesson with Miss Causer	https://www.youtube.com/watch?v=G8IC0jrzAgA
Part 1 and Part 2 have been sent out the last 2 weeks	
Gymnastics	
Gymnastics Yr 3 and 4 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Rimmer	https://www.youtube.com/watch?v=hUToPOv01fk&t=936s
Invasion/Target Games	
Invasion Games Yr 3 and 4 Resource Card	Click on the Resources Link Below
Home PE Lesson with Ellen	https://www.youtube.com/watch?v=FOxRBgAE7e4&t=252s
Net and Wall	
Net and Wall Yr 3 and 4 Resource Card	Click on the Resource Link Below

Striking and Fielding	
Striking and Fielding Yr 3 and 4 Resource Card	Click on the Resource Link Below
Home PE Lesson with Jordan	https://www.youtube.com/watch?v=ubGgcaQfh1o&t=179s
Yoga and Mindfulness	It would be great to try our Yoga and Mindfulness activities with an adult in the home.
Rollercoaster Breath Resource Card	Click on the Resource Link Below
Mindful Listening	Click on the Resource Link Below
Yoga Bears KS2 Resource Card a & b	Click on the Resource Link Below
Home Yoga Lesson with Ellie	https://youtu.be/iB3TQhOgQ04
Forest School	You will need help from an adult in your home for this activity
Leaf Bashing Resource Card	Click on the Resources Link Below
Leaf Bashing Video with Miss Haworth	https://www.youtube.com/watch?v=oW26RliC29w&feature=youtu.be
Outdoor Adventurous Activities	
Cardinal Compass Points Resource Cards a & b	Click on the Resources Link Below
Active Maths	
Active Maths Timed Shuttle Run Resource Card a & b	Click on the Resources Link Below
Health and Wellbeing	
Spaghetti Bolognese Recipie	Click on the Resources Link Below
West Lancs Sport Partnership Coaches Challenges	
Lunge Jump Challenge with Emma	https://www.youtube.com/watch?v=MN-1TML3dRA

Rugby Pass Bin Throw with Matt	https://www.youtube.com/watch?v=JEBrJE0T-7M
Speed Bounce Challenge with Emily	https://www.youtube.com/watch?v=nnUhOzFCPls&t=2s
5 Sequence Bottle Flip Challenge	https://www.youtube.com/watch?v=JjifXJFwp-A
YEAR 3&4 RESOURCE LINK ON GOOGLE DRIVE	https://drive.google.com/drive/folders/1XwsRTZ8FZD7TrAPVEx1OJKdXmJTfi1SE