

<b>Week Beginning Monday 27th 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+17+8-12+Still+The+One/0_xye30pty/130160092">https://borntomove.lesmills.com/media/BORN+TO+MOVE+17+8-12+Still+The+One/0_xye30pty/130160092</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>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
Home PE Lesson with Mrs Brookwell	<a href="https://www.youtube.com/watch?v=T-VrpTduho4&amp;t=384s">https://www.youtube.com/watch?v=T-VrpTduho4&amp;t=384s</a>
<b>Dance</b>	
Part 3 Street Dance Lesson with Miss Murray	<a href="https://youtu.be/qiXHdSrvau4">https://youtu.be/qiXHdSrvau4</a>
Part 1 and Part 2 have been sent out the last 2 weeks	
<b>Gymnastics</b>	
Gymnastics Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Rimmer	<a href="https://www.youtube.com/watch?v=h_tZ9eYj9kc&amp;t=213s">https://www.youtube.com/watch?v=h_tZ9eYj9kc&amp;t=213s</a>
<b>Invasion/Target Games</b>	
Target Games Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Ellen	<a href="https://www.youtube.com/watch?v=vJdYmmWuomU&amp;t=115s">https://www.youtube.com/watch?v=vJdYmmWuomU&amp;t=115s</a>
<b>Net and Wall</b>	

Net and Wall Yr 5 and 6 Resource Card	Click on the Resource Link Below
<b>Striking and Fielding</b>	
Striking and Fielding Yr 5 and 6 Resource Card a & b	Click on the Resource Link Below
Home PE Lesson with Jordan	<a href="https://www.youtube.com/watch?v=St2xZwJnw9o&amp;t=225s">https://www.youtube.com/watch?v=St2xZwJnw9o&amp;t=225s</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>
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	<a href="https://youtu.be/iB3TQhOqQ04">https://youtu.be/iB3TQhOqQ04</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>Outdoor Adventurous Activities</b>	
Cardinal Compass Points Resource Cards a & b	Click on the Resources Link Below
<b>Active Maths</b>	
Active Maths Timed Shuttle Run Resource Card a & b	Click on the Resources Link Below
<b>Health and Wellbeing</b>	
Spaghetti Bolognese Recipie	Click on the Resource Link Below
<b>West Lancs Sport Partnership Coaches Challenges</b>	

Lunge Jump Challenge with Emma	<a href="https://www.youtube.com/watch?v=MN-1TML3dRA">https://www.youtube.com/watch?v=MN-1TML3dRA</a>
Rugby Pass Bin Throw with Matt	<a href="https://www.youtube.com/watch?v=JEBrJE0T-7M">https://www.youtube.com/watch?v=JEBrJE0T-7M</a>
Speed Bounce Challenge with Emily	<a href="https://www.youtube.com/watch?v=nnUhOzFCPIs&amp;t=2s">https://www.youtube.com/watch?v=nnUhOzFCPIs&amp;t=2s</a>
5 Sequence Bottle Flip Challenge	<a href="https://www.youtube.com/watch?v=JjifXJFwp-A">https://www.youtube.com/watch?v=JjifXJFwp-A</a>
<b>YEAR 5&amp;6 RESOURCE LINK ON GOOGLE DRIVE</b>	<a href="https://drive.google.com/drive/folders/1Kn_2OHTIBj_MDWOVSnfUp5C_QMa7zCgq">https://drive.google.com/drive/folders/1Kn_2OHTIBj_MDWOVSnfUp5C_QMa7zCgq</a>