

Week Beginning Monday 20th 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+15+8-12+Tension/0_6rb18cme/130160092
FMS of the Week - Skipping	
Skipping Coaching Points	Click on the Resources Link Below
Skipping Throw Video	https://www.youtube.com/watch?v=KoPleYA8Hp4
	IMPORTANT THAT WE MASTER OUR FUNDAMENTAL MOVEMENT SKILLS
Athletics	
Athletics Yr 3 and 4 Resource Card	Click on the Resources Link Below
Dance	
Part 2 Dance Lesson with Miss Causer	https://www.youtube.com/watch?v=gZTK07lkmUk&t=401s
Part 1 was sent out week beginning 13th April	
Gymnastics	
Gymnastics Yr 3 and 4 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Murphy	https://www.youtube.com/watch?v=afAQbZfErkY
Invasion/Target Games	
Invasion Games Yr 3 and 4 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Valentine	https://www.youtube.com/watch?v=VcUPaLuv_TY

Net and Wall	
Net and Wall Yr 3 and 4 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.
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	https://www.youtube.com/watch?v=9nbYEkoIPg0&t=1456s
Forest School	
Egg Box Scavenger Hunt	Click on the Resources Link Below
Outdoor Adventurous Activities	
Seeds Resource Cards a & b	Click on the Resources Link Below
Seeds Home PE Lessons (you will need the above Resource Card)	https://www.youtube.com/watch?v=eyRObIQ-koQ
Obstacle Course Resource Cards a & b	Click on the Resources Link Below
IT IS IMPORTANT THAT YOU HAVE AN ADULT SUPERVISE YOU WHEN BUILDING AND TAKING PART IN THE OBSTACLE COURSE	
Health 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
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=H3rciVVXOmI
Wall Tennis with Mr Cook Progression 3	https://www.youtube.com/watch?v=ONXXkPXij0
Wall Tennis with Mr Cook Progression 4	https://www.youtube.com/watch?v=rvzuFNuhlxo
YEAR 3&4 RESOURCE LINK ON GOOGLE DRIVE	https://drive.google.com/drive/folders/1VuG- EzeKyGhmv7l4PJQW9UihKjKb5nv