

Week Beginning Monday 6th July 2020	
Year 5 and 6 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+18+8-12+Heads+Up/0_z4771oq3/130160092
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Dance	
Home PE Lesson with Portia	https://www.youtube.com/watch?v=0xSuq6wiuno
Athletics	
Athletics Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Emily	https://www.youtube.com/watch?v=Vfiw3KKrQFU
Gymnastics	
Gymnastics Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Kirsty	https://www.youtube.com/watch?v=Yxib6YfVGV8
Invasion Games	
Invasion Games Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Emma	https://youtu.be/sUGqXg-kkbQ
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Forest School	
Den Building and Tree Climbing - Resource Card	Click on the Resources Link Below
West Lancs Sport Partnership Coaches Challenges	
Coaches Challenge with Julie	https://www.youtube.com/watch?v=e1X-Tp_deR8
Coaches Challenge with Jordan	https://www.youtube.com/watch?v=0ZjzCMPpo9E&t=28s

YEAR 5&6 RESOURCE LINK ON GOOGLE
DRIVE

https://drive.google.com/drive/folders/1LXX-Cf3loegVIXH60ve49wN6B_PCX4TU?usp=sharing