

Week Beginning Monday 4th May 2020	
Year 1 and 2 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+6-7+The+Drum/0_gt0ecbwq/130160062
FMS of the Week - Roll	
Roll Coaching Points	Click on the Resources Link Below
Roll Video	https://www.youtube.com/watch?v=UcXfDhdrV0w
Athletics	
Athletics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Emily	https://www.youtube.com/watch?v=lat174lf5vU&t=312s
Dance	
Aladin Maze Resource Card	Click on the Resources Link Below
Aladin Dance with Portia Part 2	https://www.youtube.com/watch?v=4x6W-JfzNtQ
Part 1 was sent out last week	
Gymnastics	
Gymnastics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Murphy	https://www.youtube.com/watch?v=kmSa3nkE1FA
Invasion/Target Games	
Target Games Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Ellen	https://www.youtube.com/watch?v=KBu-kq3vjys&t=397s
	-
Striking and Fielding	
Striking and Fielding Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Jordan	https://www.youtube.com/watch?v=GSr1OF3VQck&t=92s

Yoga and Mindfulness	It would be great to try our Yoga and Mindfulness activities with an adult in the home.
Lions Breath Resource Card	Click on the Resource Link Below
Choose Kindness 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	https://youtu.be/CFetelmA8L4
Mini Wheelers - Learn to ride your Balance Bike or Bike Safely	
Mini Wheelers Resource Card a & b	Click on the Resource Link Below
Home Lesson with Ollie	https://www.youtube.com/watch?v=qF74do1qsEE&t=286s
Active Maths	
Active Maths Year 1 and 2 Resource Card - Playing Card Challenge	Click on the Resources Link Below
Healthy and Wellbeing	You will need help from an adult in your home to cook this recipe
Chicken Goujons Recipe	Click on the Resource Link Below
Carrot and Parsnip Soup Recipe	Click on the Resource Link Below
Vitamins Year 1 and 2 Resource Card	Click on the Resource Link Below
West Lancs Sport Partnership Coaches Challenges	
Catching Drill Challenge with Ste	https://www.youtube.com/watch?v=BBsZuIVnIS4&t=58s
Toilet Roll Relay Challenge with Mrs Brookwell	https://www.youtube.com/watch?v=1hbJv1NIUsU
Toilet Roll Tower Challenge with Ellen	https://www.youtube.com/watch?v=niTQvSgz_4k
Football Pass Challenge with Saph	https://www.youtube.com/watch?v=iaxptzSNNmo
Synonym Skipping	Click on the Resource Link Below
Space Monsters	Click on the Resource Link Below
Tap Up Tennis	Click on the Resource Link Below

**YEAR 1&2 RESOURCE LINK ON GOOGLE
DRIVE**

https://drive.google.com/drive/u/1/folders/1n3kVKzp2Toq2cg_L3CVRyCl8yTMOBXTN