

Week Beginning Monday 13th April 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+17+6-7+Longboard/0_hzhcc1vd/130160062
FMS of the Week - Underarm Throw	
Underarm Throw Coaching Points	Click on the Resources Link Below
Underarm Throw Video	https://youtu.be/21cJZH73z8
Athletics	
Athletics Yr 1 and 2 Resource Card	Click on the Resources Link Below
Dance	
Yr 1 and 2 Egyptians Resource Card	Click on the Resources Link Below
Pirates Dance Lesson with Miss Murray	https://www.youtube.com/watch?v=9SEQEm8sZ2g
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=33rfhCK8XYY
Invasion/Target Games	
Target Games Yr 1 and 2 Resource Card	Click on the Resources Link Below
Home PE Lesson with Miss Valentine	https://youtu.be/FHiXyK48jJc
Net and Wall	
Net and Wall Yr 1 and 2 Resource Card	Click on the Resource Link Below
Fun Fitness with Mrs Walmsley	https://www.youtube.com/watch?v=wbN8kyMccA8&t=81s

Forest School	
Get to Know a Tree	Click on the Resources Link Below
Outdoor Adventurous Activities	
Scrap Paper Tower Challenge	Click on the Resource Link Below
Bubble Challenge	Click on the Resource Link Below
Knot Challenge - Can you tie your Shoelace?	Click on the Resource Link Below
Knot Challenge Video with Dan	https://www.youtube.com/watch?v=vbxLxLfEqZA
Healthy Eating	
Healthy Eating Challenge	Click on the Resource Link Below
Flapjacks Recipie	Click on the Resource Link Below
EYFS and KS1 Easter Bingo Challenge	Click on the Resources Link Below
Standing Long Jump Challenge	Click on the Resources Link Below
West Lancs Sport Partnership Coaches Challenges	
Co-ordination Challenge with Chris	https://www.youtube.com/watch?v=00LQTjdjRDw
Balance Challenge with Shelly	https://www.youtube.com/watch?v=_B8IsZZBxEI&t=5s
Agility Challenge with Ellen	https://www.youtube.com/watch?v=v_ZXILTOPV8
YEAR 1&2 RESOURCE LINK ON GOOGLE DRIVE	https://drive.google.com/drive/folders/1ZDj4_qouTR1CraVjgITifGmAqy98swTC