

Suggested Timetable Week Beginning: 4.5.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: KS1: Hot Chocolate Breathing KS2: Hot Chocolate Breathing</p> <p>Skill Challenge: Mr Hibbert – Wall pass challenge https://www.youtube.com/watch?v=47NaRHjC_KM&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=2&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvyDwM0A</p>	<p>FF Get Active: KS1 Cardio Classroom KS2 Cardio Classroom</p> <p>Fitness activity: Mr Sinclair – Fitness Challenge https://www.youtube.com/watch?v=s51CMsp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</p>
Tuesday	<p>FF Be Mindful: KS1: A balancing act 1 KS2: Hip and Spine Flexi 1</p> <p>Skill Challenge: Mr Hibbert – Wall pass challenge https://www.youtube.com/watch?v=47NaRHjC_KM&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=2&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvyDwM0A</p>	<p>FF Get Active: KS1 Cardio Classroom KS2 Cardio Classroom</p> <p>Fitness activity: Mr Sinclair – Fitness Challenge https://www.youtube.com/watch?v=s51CMsp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</p>
Wednesday	<p>FF Be Mindful: KS1: A balancing act 2 KS2: Hip and Spine Flexi 2</p> <p>Skill Challenge: Mr Smylie – Mini challenges https://www.youtube.com/watch?v=fdqij0o9QHA&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=18&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvyDwM0A</p>	<p>FF Get Active: KS1 Move and Groove KS2 Up and Active</p> <p>Fitness activity: Miss Webb - Skipping challenge https://www.youtube.com/watch?v=zWd6Aw_j910&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=4&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</p>

Thursday	<p><u>FF Be Mindful:</u> KS1: Grounding KS2: The perfect day</p> <p><u>Skill Challenge:</u> Mr Smylie – Mini challenges https://www.youtube.com/watch?v=fdqij0o9QHA&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=18&t=0s</p> <p><u>Tips and Tricks</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</p>	<p><u>FF Get Active:</u> KS1 Move and Groove KS2 Up and Active</p> <p><u>Fitness activity:</u> Miss Webb - Skipping challenge https://www.youtube.com/watch?v=zWd6Aw_j910&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=4&t=0s</p> <p><u>Game Ideas:</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</p>
Friday	<p><u>FF Be Mindful:</u> Choose your favourite!</p> <p><u>Skill Challenge:</u> Create your own and share with your teacher.</p> <p><u>Tips and Tricks</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</p>	<p><u>FF Get Active:</u> Choose your favourite!</p> <p><u>Fitness activity:</u> Choose your favourite!</p> <p><u>Game Ideas:</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</p>
<p><u>Previous Challenge Videos:</u> Mr Smylie – Tennis Target https://www.youtube.com/watch?v=g81GUzeWXW0&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=13&t=0s Mr Berlin: Hand Challenge https://www.youtube.com/watch?v=ddfQqHPuXQ&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=23&t=0s Mr Armoogum: Closest to the target https://www.youtube.com/watch?v=AsHH9LTboFk&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=8&t=0s Mr Sinclair – 5 challenge https://www.youtube.com/watch?v=s51CMSp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=4s Mr Newland – Ball in the basket https://www.youtube.com/watch?v=B2EVWbc2u5E&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=15&t=0s Mr Berlin – Ball travel https://www.youtube.com/watch?v=pzbx-c2nwo4&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=24&t=0s</p> <p><u>Previous Fitness Videos:</u> Mr Smylie – Squats: How many can you do? https://www.youtube.com/watch?v=XmQMpxj9yVA&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=10&t=0s Mr Berlin – High and low pyramid https://www.youtube.com/watch?v=fLDQiPsgwfA&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=14&t=38s Mr Smylie – Sit up: How many can you do? https://www.youtube.com/watch?v=XBa6lkjemk4&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=9&t=0s Mr Smylie – Tricep dips: How many can you do? https://www.youtube.com/watch?v=U58xtWmyh5E&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=7&t=0s</p>		

Mr Smylie – Press Up

<https://www.youtube.com/watch?v=TtVY2PcMtU0&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=8&t=0s>

Mr Smylie – Press Up

<https://www.youtube.com/watch?v=TtVY2PcMtU0&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=8&t=0s>

Mr Smylie – Step Ups

<https://www.youtube.com/watch?v=GwVvjcGfDzM&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=12&t=0s>

Mr Smiley - Speed bounce

<https://www.youtube.com/watch?v=vygakyRxPWg&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=10&t=0s>

Mr Denyer - Plank

<https://www.youtube.com/watch?v=XYMEq9zBZYE&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=5&t=0s>