

Suggested Timetable Week Beginning: 29.6.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: Activity 1: The Perfect Day Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Wall Pass - https://youtu.be/47NaRHjC_KM</p> <p>Tips and Tricks Basketball Dribble - https://youtu.be/IPwzK3kt5BM</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 4</p> <p>Fitness activity: Seb Challenge - https://youtu.be/s51CMsp8d_M</p> <p>Game Ideas: Volleyball - https://youtu.be/RMEEJLa2qoo</p>
Tuesday	<p>FF Be Mindful: Activity 1: The Lake & the Magnet Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Throw to Cones - https://youtu.be/xJZBk83z4wA</p> <p>Tips and Tricks Juggling - https://youtu.be/JpulK42Zz0Q</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 5</p> <p>Fitness activity: Triceps - https://youtu.be/U58xtWmyh5E</p> <p>Game Ideas: Basketball with Z - https://youtu.be/Q5xlqJdmnm0</p>
Wednesday	<p>FF Be Mindful: Return to School with Confidence Part 1</p> <p>Skill Challenge: Ball in Basket - https://youtu.be/B2EVWBC2u5E</p> <p>Tips and Tricks Tennis Solo - https://youtu.be/imf2kzdw4F4</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 6</p> <p>Fitness activity: Mr Denyer - https://youtu.be/XYMEq9zBZYE</p> <p>Game Ideas: King & Queen Rock, Paper, Scissor - https://youtu.be/fm_CzVSOHuA</p>
Thursday	<p>FF Be Mindful: Activity 1: Grounding Activity 2: Choose a Stretch / Balance activity</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 7</p> <p>Fitness activity: High and Low - https://youtu.be/fLDQiPsgwfA</p>

	<p><u>Skill Challenge:</u> Catching: https://youtu.be/k9pBtfkm6_A</p> <p><u>Tips and Tricks</u> Reverse Ball Bouncing - https://youtu.be/4ZP4ULli_6M</p>	<p><u>Game Ideas:</u> Football - https://youtu.be/iqwTy1iUvPg</p>
Friday	<p><u>FF Be Mindful:</u> Return to School with Confidence Part 2</p> <p><u>Skill Challenge:</u> Dribble - https://youtu.be/xU_xKBwohm8</p> <p><u>Tips and Tricks</u> Clap, Flick, Catch - https://youtu.be/dXOQVpx8HG4</p>	<p><u>FF Get Active:</u> All: Lockdown 5 min cardio session 8</p> <p><u>Fitness activity:</u> Squats - https://youtu.be/XmQMpxj9yVA</p> <p><u>Game Ideas:</u> Roller Ball - https://youtu.be/Cq3q2jAst3I</p>