

Suggested Timetable Week Beginning: 6.7.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: Activity 1: My Motto Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Throw to Cones - https://youtu.be/xJZBk83z4wA</p> <p>Tips and Tricks Tennis - https://youtu.be/imf2kzdw4F4</p>	<p>FF Get Active: All: Pick a Lockdown Cardio Blast</p> <p>Fitness activity: High / Low - https://youtu.be/FLDQiPsqwFA</p> <p>Game Ideas: Football - https://youtu.be/jqwTy1iUvPg</p>
Tuesday	<p>FF Be Mindful: Activity 1: Distractions Box Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Throw to Cones - https://youtu.be/xJZBk83z4wA</p> <p>Tips and Tricks T Shirt - https://youtu.be/qGhy7ibglf0</p>	<p>FF Get Active: All: Pick a Classroom Cardio</p> <p>Fitness activity: Family Challenge - https://youtu.be/Y6-pu93uJs8</p> <p>Game Ideas: Basketball - https://youtu.be/Q5xlqJdmnm0</p>
Wednesday	<p>FF Be Mindful: Return to School with Confidence Part 1</p> <p>Skill Challenge: Relays - https://youtu.be/ywHH4p-4R3U</p> <p>Tips and Tricks Ball Mastery - https://youtu.be/Qqltp96bskc</p>	<p>FF Get Active: All: Pick a Classroom Core</p> <p>Fitness activity: Triceps - https://youtu.be/U58xtWmyh5E</p> <p>Game Ideas: King & Queen Rock, Paper, Scissor - https://youtu.be/fm_CzVSOHuA</p>
Thursday	<p>FF Be Mindful: Activity 1: Beach Visualisation Activity 2: Choose a Stretch / Balance activity</p>	<p>FF Get Active: All: Pick a Lockdown Workout</p> <p>Fitness activity: Squats - https://youtu.be/XmQMpxj9yVA</p>

	<p>Skill Challenge: Create your Olympics - https://youtu.be/M-XqSZokekE</p> <p>Tips and Tricks Reverse Ball Bouncing - https://youtu.be/4ZP4ULli_6M</p>	<p>Game Ideas: Drop Ball - https://youtu.be/endUg-ByD1s</p>
Friday	<p>FF Be Mindful: Return to School with Confidence Part 2</p> <p>Skill Challenge: Tennis Throw & Catch - https://youtu.be/J4e5AVS3UWw</p> <p>Tips and Tricks Clap, Flick, Catch - https://youtu.be/dXOQVpx8HG4</p>	<p>FF Get Active: All: Pick an Ultimate Workout</p> <p>Fitness activity: Speed Bounce - https://youtu.be/yygakyRxPWg</p> <p>Game Ideas: Roller Ball - https://youtu.be/Cq3q2jAst3l</p>