

Suggested Timetable Week Beginning: 8.6.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: Activity 1: Square Breathing Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Wall Throw / Catch: https://youtu.be/47NaRHjC_KM</p> <p>Tips and Tricks Basketball: https://youtu.be/RMEEJLa2qoo</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 1</p> <p>Fitness activity: Circuits: https://youtu.be/s51CMSp8d_M</p> <p>Game Ideas: Drop Ball: https://youtu.be/endUg-ByD1s</p>
Tuesday	<p>FF Be Mindful: Return to School with Confidence Part 1</p> <p>Skill Challenge: Catching - https://youtu.be/k9pBtfkm6_A</p> <p>Tips and Tricks Reverse Ball - https://youtu.be/4ZP4ULli_6M</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 2</p> <p>Fitness activity: Triceps: https://youtu.be/U58xtWmyh5E</p> <p>Game Ideas: King / Queen Rock, Paper, Scissor: https://youtu.be/fm_CzVSOHuA</p>
Wednesday	<p>FF Be Mindful: Activity 1: The Power Pose Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Ball in Basket - https://youtu.be/B2EVWBc2u5E</p> <p>Tips and Tricks Solo Tennis - https://youtu.be/imf2kzdw4F4</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 3</p> <p>Fitness activity: Mr Denyer Challenge: https://youtu.be/XYMEq9zBZYE</p> <p>Game Ideas: Tennis in 2's https://youtu.be/yC1ikaic0Sg</p>
Thursday	<p>FF Be Mindful: All: Confidence to Return to School Part 2</p> <p>Skill Challenge: Math + Agility - https://youtu.be/UPaExLiIVqs</p> <p>Tips and Tricks Clap, Flick, Catch - https://youtu.be/dXOQVpx8HG4</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 4</p> <p>Fitness activity: High – Low: https://youtu.be/fLDQiPsqwFA</p> <p>Game Ideas: Roller Ball - https://youtu.be/Cq3q2jAst3I</p>

Friday

FF Be Mindful:

Return to School with Confidence Part 3

Skill Challenge:

Tennis in 2's:

<https://youtu.be/J4e5AVS3UWw>

Tips and Tricks

Pick and Drop -

<https://youtu.be/IF4WVNzBL-l>

FF Get Active:

All: Lockdown 5 min cardio session 5

Fitness activity:

Squats: <https://youtu.be/XmQMpxj9yVA>

Game Ideas:

Volleyball Games:

<https://youtu.be/RMEEJLa2qoo>