

Suggested Timetable Week Beginning: 8.6.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: All: Return to School with Confidence Part 1</p> <p>Skill Challenge: Throwing: https://youtu.be/B2EVWBc2u5E</p> <p>Tips and Tricks Reverse Hands - https://youtu.be/4ZP4ULi_6M</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 1</p> <p>Fitness activity: Step Up: https://youtu.be/GwVvicGfDzM</p> <p>Game Ideas: Cone Flip: https://youtu.be/Ng6qbMKzGkU</p>
Tuesday	<p>FF Be Mindful: All: Return to School with Confidence Part 2</p> <p>Skill Challenge: Tennis in 2's https://youtu.be/J4e5AVS3UWw</p> <p>Tips and Tricks Tennis - https://youtu.be/imf2kzdw4F4</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 2</p> <p>Fitness activity: Press Up: https://youtu.be/TtVY2PcMtU0</p> <p>Game Ideas: Mr Newlands: https://youtu.be/oCxcT0Ph8_E</p>
Wednesday	<p>FF Be Mindful: Activity 1: The Magic Button Activity 2: Choose a Stretch / Balance activity</p> <p>Skill Challenge: Target - https://youtu.be/AsHH9LTboFk</p> <p>Tips and Tricks Mr Newlands - https://youtu.be/lrs-asuHuMA</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 3</p> <p>Fitness activity: Climb Ben Nevis: https://youtu.be/QKsVxyMhIBk</p> <p>Game Ideas: Mr Clegg: https://youtu.be/l91HsdsSNAo</p>
Thursday	<p>FF Be Mindful: All: Confidence to Return to School Part 3</p> <p>Skill Challenge: Mr Smylie Challenge (4) - https://youtu.be/fdqjI0o9QHA</p> <p>Tips and Tricks Juggling - https://youtu.be/JpuIK42Zz0Q</p>	<p>FF Get Active: All: Lockdown 5 min cardio session 4</p> <p>Fitness activity: Miss Webb - https://youtu.be/zWd6Aw_j910</p> <p>Game Ideas: Spike Ball - https://youtu.be/mfL5fDDcvBw</p>

Friday

FF Be Mindful:

Activity 1: The Three Zones
Activity 2: Choose a Stretch / Balance activity

Skill Challenge:

Mr Smylie Challenge -
https://youtu.be/_87TNGm-tc8

Tips and Tricks

Pick and Drop -
<https://youtu.be/IF4WVNzBL-I>

FF Get Active:

All: Lockdown 5 min cardio session 5

Fitness activity:

Tricep Dips:
<https://youtu.be/U58xtWmyh5E>

Game Ideas:

Mr Hibbitt: <https://youtu.be/xiM76zj4EjU>