

## Suggested Timetable Week Beginning: 11 - 5 - 20

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

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