

Suggested Timetable Week Beginning: 11.5.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: KS1: The lake and the magnet KS2: The Distraction box</p> <p>Skill Challenge: Mr Howells Football Challenge https://www.youtube.com/watch?v=PSzwEbcWU90&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=3&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwMOA</p>	<p>FF Get Active: KS1 Cardio & Core combo KS2 Cardio & Core combo</p> <p>Fitness activity: Mr Berlin – Ben Nevis challenge https://www.youtube.com/watch?v=QKsVxyMhIBk&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=15&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDI</p>
Tuesday	<p>FF Be Mindful: KS1: Challenge your balance pt1 KS2: Dynamic Warriors</p> <p>Skill Challenge: Mr Howells Football Challenge https://www.youtube.com/watch?v=PSzwEbcWU90&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=3&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwMOA</p>	<p>FF Get Active: KS1 Cardio & Core combo KS2 Cardio & Core combo</p> <p>Fitness activity: Mr Berlin – Ben Nevis challenge https://www.youtube.com/watch?v=QKsVxyMhIBk&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=15&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDI</p>
Wednesday	<p>FF Be Mindful: KS1: Challenge your balance pt1 KS2: Dynamic Warriors</p> <p>Skill Challenge: Mr Smylie – wall ball https://www.youtube.com/watch?v=MxPytpTS58E&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=10&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwMOA</p>	<p>FF Get Active: KS1 Move and Groove KS2 Cool Core</p> <p>Fitness activity: Mr Newland – out of the hat challenge https://www.youtube.com/watch?v=pmGLoYuO0hk&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=6&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDI</p>

Thursday	<p><u>FF Be Mindful:</u> KS1: The Beach Visualisation KS2: The perfect day</p> <p><u>Skill Challenge:</u> Mr Smylie – wall ball https://www.youtube.com/watch?v=MxPytpTS58E&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=10&t=0s</p> <p><u>Tips and Tricks</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</p>	<p><u>FF Get Active:</u> KS1 Move and Groove KS2 Cool Core</p> <p><u>Fitness activity:</u> Mr Newland – out of the hat challenge https://www.youtube.com/watch?v=pmGLoYuO0hk&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=6&t=0s</p> <p><u>Game Ideas:</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</p>
Friday	<p><u>FF Be Mindful:</u> Choose your favourite!</p> <p><u>Skill Challenge:</u> Create your own and share with your teacher.</p> <p><u>Tips and Tricks</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvvyDwMOA</p>	<p><u>FF Get Active:</u> Choose your favourite!</p> <p><u>Fitness activity:</u> Choose your favourite!</p> <p><u>Game Ideas:</u> Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavnA_2urAgH3NDi</p>
<p><u>Previous Challenge Videos:</u> Mr Smylie – Mini challenges https://www.youtube.com/watch?v=fdqij0o9QHA&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=18&t=0s Mr Hibbert – Wall pass challenge https://www.youtube.com/watch?v=47NaRHjC_KM&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=2&t=0s Mr Smylie – Tennis Target https://www.youtube.com/watch?v=g81GUzeWXW0&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=13&t=0s Mr Berlin: Hand Challenge https://www.youtube.com/watch?v=dqfQqHPUaXQ&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=23&t=0s Mr Armoogum: Closest to the target https://www.youtube.com/watch?v=AsHH9LTboFk&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=8&t=0s Mr Sinclair – 5 challenge https://www.youtube.com/watch?v=s51CMsp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=4s Mr Newland – Ball in the basket https://www.youtube.com/watch?v=B2EVWbc2u5E&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=15&t=0s Mr Berlin – Ball travel https://www.youtube.com/watch?v=pzbx-c2nwo4&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=24&t=0s</p> <p><u>Previous Fitness Videos:</u> Mr Sinclair – Fitness Challenge https://www.youtube.com/watch?v=s51CMsp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=0s Miss Webb - Skipping challenge https://www.youtube.com/watch?v=zWd6Aw_j910&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=4&t=0s Mr Smylie – Squats: How many can you do?</p>		

<https://www.youtube.com/watch?v=XmQMpxj9yVA&list=PLMR0a4zaaR5fU-2bSRAfN3o- IF89HZVV&index=10&t=0s>

Mr Berlin – High and low pyramid

<https://www.youtube.com/watch?v=fLDQiPsqwfA&list=PLMR0a4zaaR5fU-2bSRAfN3o- IF89HZVV&index=14&t=38s>

Mr Smylie – Sit up: How many can you do?

<https://www.youtube.com/watch?v=XBa6lkiemk4&list=PLMR0a4zaaR5fU-2bSRAfN3o- IF89HZVV&index=9&t=0s>

Mr Smylie – Tricep dips: How many can you do?

<https://www.youtube.com/watch?v=U58xtWmyh5E&list=PLMR0a4zaaR5fU-2bSRAfN3o- IF89HZVV&index=7&t=0s>

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=XYMEg9zBZYE&list=PLMR0a4zaaR5fU-2bSRAfN3o- IF89HZVV&index=5&t=0s>