

PE possible learning opportunities

	Morning	Afternoon
Monday	<p>FF Be Mindful: KS1: Wide Eyes KS2: Wide Eyes</p> <p>Skill Challenge: Mr Newland – Ball in the basket https://www.youtube.com/watch?v=B2EVWbc2u5E&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=15&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBm_cpQm-RybvyDwM0A</p>	<p>FF Get Active: KS1 Classroom Core KS2 Interval Workout 1</p> <p>Fitness activity: Mr Smylie – Tricep dips: How many can you do? https://www.youtube.com/watch?v=U58xtWmyh5E&list=PLMR0a4zaaR5fU-2bSRafN3o_IF89HZVV&index=7&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</p>
Tuesday	<p>FF Be Mindful: KS1: Challenge your Balance 1 KS2: Challenge your Balance 1</p> <p>Skill Challenge: Mr Berlin – Ball travel https://www.youtube.com/watch?v=pzbcx2nwo4&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=24&t=0s</p> <p>Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBm_cpQm-RybvyDwM0A</p>	<p>FF Get Active: KS1 Classroom Cardio – Raise the roof! KS2 Interval Workout 2</p> <p>Fitness activity: Mr Smylie – Tricep dips: Beat your score! https://www.youtube.com/watch?v=U58xtWmyh5E&list=PLMR0a4zaaR5fU-2bSRafN3o_IF89HZVV&index=7&t=0s</p> <p>Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi</p>

Wednesday

FF Be Mindful:

KS1: Challenge your Balance 2

KS2: Challenge your Balance 2

Parent and Pupils: How to PE at home!

Time: 10am – 11am

Where: Live YouTube stream

Facebook – click [here](#) to like

Twitter – click [here](#) to follow – @challenge_se

Instagram – click [here](#) to follow – @challengesportandeducation

Tips and Tricks Try one

from our

playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBm_cpQm-RybvDwM0A

FF Get Active:

KS1 Cardio - Classroom Core

KS2 Cardio Twist and Jump

Fitness activity:

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

https://www.youtube.com/watch?v=XBa6lkjemk4&list=PLMR0a4zaaR5fU-2bSRAfN3o_IF89HZVV&index=9&t=0s

Game Ideas:

Try one from our playlist:

https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi

Thursday

FF Be Mindful:

KS1: Why V How?

KS2: Why V How

Skill Challenge: Mr Berlin –

Ball travel

<https://www.youtube.com/watch?v=pzbcx2nwo4&list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd&index=24&t=0s>

Tips and Tricks Try one

from our

playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBm_cpQm-RybvDwM0A

FF Get Active:

KS1 Classroom Cardio Pump it up

KS2 Speed 7-minute blast

Fitness activity:

Mr Smylie – Sit up: How did you do?

https://www.youtube.com/watch?v=XBa6lkjemk4&list=PLMR0a4zaaR5fU-2bSRAfN3o_IF89HZVV&index=9&t=0s

Game Ideas:

Try one from our playlist:

https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi

Friday

FF Be Mindful:

Choose your favourite!

Skill Challenge:

Create your own and share with your teacher.

Tips and Tricks Try one

from our

playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBm_cpQm-RybvYDwM0A

FF Get Active:

Choose your favourite!

Fitness activity:

Choose your favourite!

Game Ideas:

Try one from our playlist:

https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi

Previous Fitness Videos:

Mr Berlin: Hand Challenge

<https://www.youtube.com/watch?v=dafQqHPUaXQ&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=23&t=0s>

Mr Armoogum: Closest to the target

<https://www.youtube.com/watch?v=AsHH9LTboFk&list=PLMR0a4zaaR5eeHSufkxzxc7RB6J1Wyd&index=8&t=0s> Mr Sinclair

– 5 challenge

https://www.youtube.com/watch?v=s51CMSp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=4s

Previous Challenge Videos: 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=yygakyRxPWg&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>