

Suggested Timetable Week Beginning: 1.6.20

	Morning	Afternoon
Monday	<p><u>FF Be Mindful:</u> All: The Three Zones</p> <p><u>Skill Challenge:</u> Tennis in 2's https://youtu.be/J4e5AVS3UWw</p> <p><u>Tips and Tricks</u> Solo Tennis - https://youtu.be/imf2kzdw4F4</p>	<p><u>FF Get Active:</u> All: Lockdown 5 min cardio session 1</p> <p><u>Fitness activity:</u> High + Low Movements https://youtu.be/fLDQiPsgwfA</p> <p><u>Game Ideas:</u> Hockey: https://youtu.be/spQ3U0b5-HY</p>
Tuesday	<p><u>FF Be Mindful:</u> All: Return to School with Confidence (Part 1)</p> <p><u>Skill Challenge:</u> Catching Challenge - https://youtu.be/LAMyZh-nlWI</p> <p><u>Tips and Tricks</u> Reverse Ball - https://youtu.be/4ZP4ULli_6M</p>	<p><u>FF Get Active:</u> All: Lockdown 5 min cardio session 2</p> <p><u>Fitness activity:</u> Out of the Hat - https://youtu.be/pmGLoYu00hk</p> <p><u>Game Ideas:</u> Mr Clegg: https://youtu.be/l91HsdsSNAo</p>
Wednesday	<p><u>FF Be Mindful:</u> KS1: Pilates – A balancing act (part 1) KS2: Why v How</p> <p><u>Skill Challenge:</u> Ball Travel - https://youtu.be/pzbx-c2nwo4</p> <p><u>Tips and Tricks</u> Clap, Flick, Catch - https://youtu.be/dXOQVpx8HG4</p>	<p><u>FF Get Active:</u> KS1 Cardio – Twist and Jump KS2 Speed – 7 min blast</p> <p><u>Fitness activity:</u> Out the hat: https://youtu.be/pmGLoYu00hk</p> <p><u>Game Ideas:</u> Volleyball - https://youtu.be/RMEEJLa2qoo</p>
Thursday	<p><u>FF Be Mindful:</u> All: Confidence to Return to School (part 2)</p> <p><u>Skill Challenge:</u> Mr Wyatt Challenge – Math + Agility https://youtu.be/UPaExLiIVqs</p> <p><u>Tips and Tricks</u> Juggling - https://youtu.be/JpulK42Zz0Q</p>	<p><u>FF Get Active:</u> KS1: Core – Cool Core KS2 Ultimate Workout – Push The Limit</p> <p><u>Fitness activity:</u> Step Ups - https://youtu.be/GwVvjcGfDzM</p> <p><u>Game Ideas:</u> Football - https://youtu.be/sNkBkXgRKDA</p>

Friday	<p>FF Be Mindful: KS1: The Lake & Magnet KS2: Grounding</p> <p><u>Skill Challenge:</u> Reaction Game - https://youtu.be/KR- AH-DL4o</p> <p><u>Tips and Tricks</u> Basketball - https://youtu.be/IPwzK3kt5BM</p>	<p>FF Get Active: KS1: 5 min Cardio Lockdown (2) KS2 Speed – Think Fast</p> <p><u>Fitness activity:</u> Speed Bounce - https://youtu.be/yygakyRxPWg</p> <p><u>Game Ideas:</u> Tennis: https://youtu.be/yC1ikajc0Sg</p>