

## Suggested Timetable Week Beginning: 26.5.20

	Morning	Afternoon
Tuesday	<p><b>FF Be Mindful:</b> All: Return To School with Confidence</p> <p><b>Skill Challenge:</b> Make your Own Olympics - <a href="https://youtu.be/M-XqSZokekE">https://youtu.be/M-XqSZokekE</a></p> <p><b>Tips and Tricks</b> Solo Tennis - <a href="https://youtu.be/imf2kzdw4F4">https://youtu.be/imf2kzdw4F4</a></p>	<p><b>FF Get Active:</b> All: Lockdown 5 min cardio</p> <p><b>Fitness activity:</b> Sit Ups: <a href="https://youtu.be/XBa6lkjemk4">https://youtu.be/XBa6lkjemk4</a></p> <p><b>Game Ideas:</b> Volleyball: <a href="https://youtu.be/RMEEJLa2qoo">https://youtu.be/RMEEJLa2qoo</a></p>
Wednesday	<p><b>FF Be Mindful:</b> KS1: Wide Eyes KS2: Why v How</p> <p><b>Skill Challenge:</b> Relays - <a href="https://youtu.be/ywHH4p-4R3U">https://youtu.be/ywHH4p-4R3U</a></p> <p><b>Tips and Tricks</b> Throw the T Shirt: <a href="https://youtu.be/qGhy7ibglf0">https://youtu.be/qGhy7ibglf0</a></p>	<p><b>FF Get Active:</b> KS1 Interval Workout KS2 Interval Workout</p> <p><b>Fitness activity:</b> Miss Webb <a href="https://youtu.be/zWd6Aw_j910">https://youtu.be/zWd6Aw_j910</a></p> <p><b>Game Ideas:</b> Spike Ball: <a href="https://youtu.be/mfL5fDDcvBw">https://youtu.be/mfL5fDDcvBw</a></p>
Thursday	<p><b>FF Be Mindful:</b> KS1: Beach Visualisation KS2: Grounding</p> <p><b>Skill Challenge:</b> Mr Smylie Skills - <a href="https://youtu.be/_87TNGm-tc8">https://youtu.be/_87TNGm-tc8</a></p> <p><b>Tips and Tricks</b> Revers Ball Bounce - <a href="https://youtu.be/4ZP4ULli_6M">https://youtu.be/4ZP4ULli_6M</a></p>	<p><b>FF Get Active:</b> KS1 Ultimate Workout KS2 Ultimate Workout</p> <p><b>Fitness activity:</b> Out the hat: <a href="https://youtu.be/pmGLoYu00hk">https://youtu.be/pmGLoYu00hk</a></p> <p><b>Game Ideas:</b> Roller Ball: <a href="https://youtu.be/Cq3q2jAst3I">https://youtu.be/Cq3q2jAst3I</a></p>
Friday	<p><b>FF Be Mindful:</b> All: Confidence to Return to School</p> <p><b>Skill Challenge:</b> Mr Mabbitt Games - <a href="https://youtu.be/_19aolKTH_U">https://youtu.be/_19aolKTH_U</a></p> <p><b>Tips and Tricks</b> Juggling - <a href="https://youtu.be/JpulK42Zz0Q">https://youtu.be/JpulK42Zz0Q</a></p>	<p><b>FF Get Active:</b> KS1: Cardio Core Combo KS2 Cardio Core Combo</p> <p><b>Fitness activity:</b> High + Low - <a href="https://youtu.be/fLDQIPsqwfA">https://youtu.be/fLDQIPsqwfA</a></p> <p><b>Game Ideas:</b> Tennis: <a href="https://youtu.be/yC1ikajc0Sg">https://youtu.be/yC1ikajc0Sg</a></p>

