

<b>Multi Skill 1</b> <u>Clap around the body</u>	<a href="https://www.youtube.com/watch?v=IGMVYEhpFNw">https://www.youtube.com/watch?v=IGMVYEhpFNw</a>
<b>Multi Skill 2</b> <u>Dribbling Obstacle</u>	<a href="https://www.youtube.com/watch?v=-ezv4CZhdA">https://www.youtube.com/watch?v=-ezv4CZhdA</a>
<b>Multi Skill 3</b> <u>Target Throw</u>	<a href="https://www.youtube.com/watch?v=FOmF3ZW9F6g">https://www.youtube.com/watch?v=FOmF3ZW9F6g</a>
<b>Multi Skill 4</b> <u>Side to Side</u>	<a href="https://www.youtube.com/watch?v=xEWDCZucb0">https://www.youtube.com/watch?v=xEWDCZucb0</a>
<b>Multi Skill 5</b> <u>Speed Bounce 2</u>	<a href="https://www.youtube.com/watch?v=vMsllyrfoJg">https://www.youtube.com/watch?v=vMsllyrfoJg</a>
<b>KS1 Dance</b> <u>Part 3 &amp; 4</u>	<a href="https://www.youtube.com/watch?v=VZ64ngJEJ7c">https://www.youtube.com/watch?v=VZ64ngJEJ7c</a> <a href="https://www.youtube.com/watch?v=YEqJ3fAfrLU">https://www.youtube.com/watch?v=YEqJ3fAfrLU</a>
<b>KS2 Dance</b> <u>Part 3 &amp; 4</u>	<a href="https://www.youtube.com/watch?v=SHKu0UM9DIU">https://www.youtube.com/watch?v=SHKu0UM9DIU</a> <a href="https://www.youtube.com/watch?v=5xWs_6FQtQQ">https://www.youtube.com/watch?v=5xWs_6FQtQQ</a>
<b>Gymnastics</b> <u>Shapes</u>	<a href="https://www.youtube.com/watch?v=Wm4L96I9VGw">https://www.youtube.com/watch?v=Wm4L96I9VGw</a>
<b>Yoga</b> <u>Sun Salutation</u> <u>Breathing Relaxation</u> <u>Relax</u> <u>Breathing to Focus</u>	<a href="https://www.youtube.com/watch?v=JeKfhHs83Dw">https://www.youtube.com/watch?v=JeKfhHs83Dw</a> <a href="https://www.youtube.com/watch?v=Lzevs3g9GSQ">https://www.youtube.com/watch?v=Lzevs3g9GSQ</a> <a href="https://www.youtube.com/watch?v=95kaLw2uRwk">https://www.youtube.com/watch?v=95kaLw2uRwk</a> <a href="https://www.youtube.com/watch?v=lzxIKTOLVPQ&amp;t=2s">https://www.youtube.com/watch?v=lzxIKTOLVPQ&amp;t=2s</a>
<b>Bikeability</b> <u>M Check</u> <u>Helmet Check</u>	<a href="https://www.youtube.com/watch?v=1TowxiKMK5M">https://www.youtube.com/watch?v=1TowxiKMK5M</a> <a href="https://www.youtube.com/watch?v=zJDK_FGUcpg">https://www.youtube.com/watch?v=zJDK_FGUcpg</a>



**The SPAR Lancashire School Games Stay at Home Programme**

<b>Activity Timetable</b> <u>Y1-2</u>	<a href="https://lancashireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/">https://lancashireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/</a>
<b>Activity Timetable</b> <u>Y3-6</u>	<a href="https://lancashireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/">https://lancashireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/</a>
<b>Activity Timetable</b> <u>Teenagers</u>	<a href="https://lancashireschoolgames.co.uk/resources-for-teenagers-secondary-schools/">https://lancashireschoolgames.co.uk/resources-for-teenagers-secondary-schools/</a>