

<p>Multi Skill 1 <u>Snakes and ladders</u></p>	<p>https://www.youtube.com/watch?v=khRGAJuN03M</p>
<p>Multi Skill 2 <u>Kicking to target</u></p>	<p>https://www.youtube.com/watch?v=FJZdTMluHp0</p>
<p>Multi Skill 3 <u>Number throwing challenge</u></p>	<p>https://www.youtube.com/watch?v=GvmhkTHiw88</p>
<p>Multi Skill 4 <u>Jumping for distance</u></p>	<p>https://www.youtube.com/watch?v=6DmTg4bzDC4</p>
<p>Multi Skill 5 <u>Body Challenge</u></p>	<p>https://www.youtube.com/watch?v=cLvrKU5Kpcw</p>
<p>Orienteering <u>Counting Cones</u></p>	<p>https://www.youtube.com/watch?v=KgA80NKeK3g</p>
<p>KS1 Dance <u>Part 5 & 6</u></p>	<p>https://www.youtube.com/watch?v=pVk5w4kzpS0 https://www.youtube.com/watch?v=kl2Ca8u1AYk</p>
<p>KS2 Dance <u>Part 5 & 6</u></p>	<p>https://www.youtube.com/watch?v=-dsolNDMqz0 https://www.youtube.com/watch?v=oM0m3Q85BrI</p>
<p>Gymnastics <u>Shapes</u> <u>Balances</u></p>	<p>https://www.youtube.com/watch?v=Wm4L96l9VGw https://www.youtube.com/watch?v=UFBPgLxRGJI</p>
<p>Yoga <u>Sun Salutation</u> <u>Breathing Relaxation</u> <u>Relax</u> <u>Breathing to Focus</u> <u>Candle Breathing</u></p>	<p>https://www.youtube.com/watch?v=JeKfhHs83Dw https://www.youtube.com/watch?v=Lzevs3g9GSQ https://www.youtube.com/watch?v=95kaLw2uRwk https://www.youtube.com/watch?v=lzxIKTOLVPQ&t=2s https://www.youtube.com/watch?v=V5uwuetDKKc</p>
<p>Born To Move <u>Year 2-4</u> <u>Year 5-6</u></p>	<p>https://www.youtube.com/watch?v=uc6hZcIIPQQ https://www.youtube.com/watch?v=T9KWP0h_vRU</p>
<p>Bikeability <u>M-Check</u> <u>Helmet Check</u> <u>Bike Seat Height</u></p>	<p>https://www.youtube.com/watch?v=1TowxiKMK5M https://www.youtube.com/watch?v=zJDK_FGUcpk https://www.youtube.com/watch?v=8PpKYr21jgQ</p>



The SPAR Lancashire School Games Stay at Home Programme

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

Social Media

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Facebook - @Sthribblesp