

South Ribble Sport Development – Stay at Home PE Lessons

5 week online PE Lessons

Each week a new document will be sent with new skills to learn and try

<u>Topic Lessons</u>	<u>South Ribble Sport Development YouTube Channel</u>
<u>Rugby</u> Lesson 1 <u>Rugby Golf</u>	https://www.youtube.com/watch?v=OliE9aUWfKQ
<u>Orienteering</u> Lesson 1 <u>Point Reaction</u>	https://www.youtube.com/watch?v=7mld2BHvexg
<u>Tennis</u> Lesson 1 <u>Side to side</u>	https://www.youtube.com/watch?v=mIFZ1q4pqfk
<u>Athletics</u> Lesson 1 <u>Event</u>	https://www.youtube.com/watch?v=PwtllYQprMA
<u>Cricket</u> Lesson 1 <u>Catching</u>	https://www.youtube.com/watch?v=TdlOvBf54bl
<u>Netball</u> Lesson 1 <u>Challenge 1</u>	https://www.youtube.com/watch?v=7StljSP6yDk
<u>Gymnastics</u> <u>Shapes</u> <u>Balances</u> <u>Teddy Bear Roll</u> <u>Sequence Part 1</u> <u>Sequence Part 2</u> <u>Full Sequence</u>	https://www.youtube.com/watch?v=Wm4L96I9VGw https://www.youtube.com/watch?v=UFBPgLxRGJI https://www.youtube.com/watch?v=FL7QT4KRJL0 https://www.youtube.com/watch?v=AyqiYlsRyg4 https://www.youtube.com/watch?v=6wjmKY72Yyo https://www.youtube.com/watch?v=vpMY4WYASV0
<u>Dance</u> <u>Under the Sea</u> <u>Hip Hop KS1</u> <u>Hip Hop Dance A Long</u> <u>Hip Hop Routine (1)</u> <u>Hip Hop Routine (2)</u>	https://www.youtube.com/watch?v=8JnvMN_7iTc https://www.youtube.com/watch?v=NPff7teoqMY https://www.youtube.com/watch?v=BmZscCJLLwg https://www.youtube.com/watch?v=YUQN9IV-HSk https://www.youtube.com/watch?v=8e1r7pulzG0



South Ribble Sport Development – Stay at Home Activity Lessons

5 week online Activity Lessons

Each week this document will be sent for you to try different activities

<u>Activity Lessons</u>	<u>South Ribble Sport Development YouTube Channel</u>
<p><u>Born to move</u> <u>Year 2-4</u> <u>Year 5-6</u> <u>BTM Workout 1</u> <u>BTM Workout 2</u></p>	<p>https://www.youtube.com/watch?v=uc6hZcIIpOQ https://www.youtube.com/watch?v=T9KWP0h_vRU https://www.youtube.com/watch?v=KTJWw4QZUvQ https://www.youtube.com/watch?v=JeuBkctswXg</p>
<p><u>Yoga</u> <u>Sun Salutation</u> <u>Breathing Relaxation</u> <u>Relax</u> <u>Breathing to Focus</u> <u>Candle Breathing</u> <u>Affirmation</u> <u>Cross Crawling</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 https://www.youtube.com/watch?v=s3aKf4nRmug https://www.youtube.com/watch?v=gR0QS7MwRns</p>
<p><u>Mini Movers</u> <u>Lesson 1</u> <u>Blue Card</u></p>	<p>https://www.youtube.com/watch?v=uSd8YV4SI1k https://www.youtube.com/watch?v=7Nn80FOpQOE</p>
<p><u>Bikeability</u> <u>M-Check</u> <u>Helmet Check</u> <u>Bike Seat Height</u> <u>Equipment on ride</u> <u>Pedal Ready</u> <u>Safe Family Ride</u> <u>ABCD Check</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 https://www.youtube.com/watch?v=-yzs_22T8hI https://www.youtube.com/watch?v=LJK27-vq9pg https://www.youtube.com/watch?v=xXpGSyqFRpg https://www.youtube.com/watch?v=GM2GMeMAECI</p>



The SPAR Lancashire School Games Stay at Home Programme

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

Social Media

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