

Suggested Timetable Week Beginning: 13.4.20		
	Morning	Afternoon
Monday	FF Be Mindful: KS1: Shapes and Surfers part 1 KS2: Dynamic Warriors Part 1 Skill Challenge: Mr Berlin: Hand Challenge https://www.youtube.com/watch?v=dqfQgHPUaXQ&list=PLMR0a4zaaR5eeHSufkxzcfc7RB6j1Wyd&index=23&t=0s Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A	Fitness activity: Mr Smylie – Press Up https://www.youtube.com/watch?v=TtVY2PcMtU0&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=8&t=0s FF Get Active: KS1 Cardio - Classroom KS2 – Classroom Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi
Tuesday	FF Be Mindful: KS1: Shapes and Surfers part 2 KS2: Dynamic Warriors Part 2 Skill Challenge: Mr Armoogum: Closest to the target https://www.youtube.com/watch?v=AsHH9LTboFk&list=PLMR0a4zaaR5eeHSufkxzcfc7RB6j1Wyd&index=8&t=0s Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A	Fitness activity: Mr Smylie – Squats https://www.youtube.com/watch?v=XmQMpxj9yVA&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=9 FF Get Active: KS1 Classroom Speed KS2 Ultimate Workout Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi

Wednesday	FF Be Mindful: KS1: Shapes and Surfers part 1 KS2: Dynamic Warriors Part 3 Skill Challenge: Mr Berlin: Hand Challenge https://www.youtube.com/watch?v=dqfQgHPUaXQ&list=PLMR0a4zaaR5eeHSufkxzcfc7RB6J1Wyd&index=23&t=0s Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A	Fitness activity: Mr Smylie – Press Up https://www.youtube.com/watch?v=TtVY2PcMtU0&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=8&t=0s FF Get Active: KS1 Cardio - Classroom KS2 – Classroom Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi
Thursday	FF Be Mindful: KS1: Shapes and Surfers part 2 KS2: Own choice Skill Challenge: Mr Armoogum: Closest to the target https://www.youtube.com/watch?v=AsHH9LTboFk&list=PLMR0a4zaaR5eeHSufkxzcfc7RB6J1Wyd&index=8&t=0s Tips and Tricks Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A	Fitness activity: Mr Smylie – Squats https://www.youtube.com/watch?v=XmQMpxj9yVA&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=9 FF Get Active: KS1 Classroom Speed KS2 Ultimate Workout Game Ideas: Try one from our playlist: https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi
Friday	FF Be Mindful: Choose your favourite Skill Challenge: Create your	Fitness activity: Mr Smylie – Press Up https://www.youtube.com/watch?v=TtVY2PcMtU0&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=8&t=0s FF Get Active:

Tips and Tricks

Try one from our playlist:

<https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A>

KS1 Cardio - Classroom

KS2 – Classroom

Game Ideas:

Try one from our playlist:

https://www.youtube.com/playlist?list=PLMR0a4zaaR5f6JKNQjavvA_2urAgH3NDi

Previous Challenges:

Mr Sinclair – 5 challenge

https://www.youtube.com/watch?v=s51CMSp8d_M&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=2&t=4s

Mr Smylie – Step Ups

<https://www.youtube.com/watch?v=GwVvicGfDzM&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=12&t=0s>

Mr Smiley - Speed bounce

<https://www.youtube.com/watch?v=yygakyRxPWg&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=10&t=0s>

Mr Denyer - Plank

<https://www.youtube.com/watch?v=XYMEq9zBZYE&list=PLMR0a4zaaR5fU-2bSRAfN3o-IF89HZVV&index=5&t=0s>