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**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

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| **Topic Lessons**  | **South Ribble Sport Development YouTube Channel**  |
| **Rugby**Lesson 2Running | https://www.youtube.com/watch?v=b9nu\_2TVYZM |
| **Orienteering**Lesson 2Control Points | https://www.youtube.com/watch?v=TiMv4nP5hf0 |
| **Tennis** Lesson 2Make a racket  | https://www.youtube.com/watch?v=8Qd\_TR1ka3c |
| **Athletics** Lesson 2Event  | https://www.youtube.com/watch?v=PwtIlYQprMA |
| **Cricket**Lesson 2Bowling | <https://www.youtube.com/watch?v=c9r2LN9GeS0> |
| **Netball**Lesson 2Challenge 2 | <https://www.youtube.com/watch?v=lwkTRukroKM> |
| **Gymnastics** Shapes BalancesTeddy Bear RollSequence Part 1 Sequence Part 2Full Sequence  | <https://www.youtube.com/watch?v=Wm4L96l9VGw><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 |
| **Dance**Under the SeaHip Hop KS1Hip Hop Dance A LongHip Hop Routine (1)Hip Hop Routine (2) | https://www.youtube.com/watch?v=8JnvMN\_7iTchttps://www.youtube.com/watch?v=NPff7teoqMY<https://www.youtube.com/watch?v=BmZscCJlLwg><https://www.youtube.com/watch?v=YUQN9lV-HSk>https://www.youtube.com/watch?v=8e1r7pulzG0 |

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**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

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| **Activity Lessons** | **South Ribble Sport Development YouTube Channel**  |
| **Born to move** Year 2-4Year 5-6BTM Workout 1BTM Workout 2 | <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 |
| **Yoga**Sun Salutation Breathing RelaxationRelaxBreathing to FocusCandle BreathingAffirmationCross Crawling | <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=lzxlKTOLVPQ&t=2s><https://www.youtube.com/watch?v=V5uwuetDKKc><https://www.youtube.com/watch?v=s3aKf4nRmug>https://www.youtube.com/watch?v=gR0QS7MwRns |
| **Mini Movers** Lesson 2Red Card | <https://www.youtube.com/watch?v=Z00SbjZPrp0> |
| **Bikeability**M-CheckHelmet CheckBike Seat Height Equipment on ridePedal ReadySafe Family RideABCD Check | <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 |



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| **The SPAR Lancashire School Games Stay at Home Programme** |
| Activity Timetable Y1-2 | <https://lancashireschoolgames.co.uk/year-1-2-spar-lancashire-school-games-activity-timetable/> |
| Activity Timetable Y3-6 | <https://lancashireschoolgames.co.uk/year-3-6-spar-lancashire-school-games-activity-timetable/> |
| Teenages Timetable | <https://lancashireschoolgames.co.uk/resources-for-teenagers-secondary-schools/> |

**Social Media**

Twitter - @southribbleSGO

Facebook - @Sthribblessp