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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 2  Running | https://www.youtube.com/watch?v=b9nu\_2TVYZM |
| **Orienteering**  Lesson 2  Control Points | https://www.youtube.com/watch?v=TiMv4nP5hf0 |
| **Tennis**  Lesson 2  Make a racket | https://www.youtube.com/watch?v=8Qd\_TR1ka3c |
| **Athletics**  Lesson 2  Event | https://www.youtube.com/watch?v=PwtIlYQprMA |
| **Cricket**  Lesson 2  Bowling | <https://www.youtube.com/watch?v=c9r2LN9GeS0> |
| **Netball**  Lesson 2  Challenge 2 | <https://www.youtube.com/watch?v=lwkTRukroKM> |
| **Gymnastics**  Shapes  Balances  Teddy Bear Roll  Sequence Part 1  Sequence Part 2  Full 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 Sea  Hip Hop KS1  Hip Hop Dance A Long  Hip Hop Routine (1)  Hip Hop Routine (2) | 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=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 2-4  Year 5-6  BTM Workout 1  BTM 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 Relaxation Relax  Breathing to Focus  Candle Breathing  Affirmation  Cross 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 2  Red Card | <https://www.youtube.com/watch?v=Z00SbjZPrp0> |
| **Bikeability**  M-Check  Helmet Check  Bike Seat Height  Equipment on ride  Pedal Ready  Safe Family Ride  ABCD 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