

<u>Multi Skill 1</u> <u>Clap around the body</u>	https://www.youtube.com/watch?v=IGMVYEhpFNw
<u>Multi Skill 2</u> <u>Dribbling Obstacle</u>	https://www.youtube.com/watch?v=-ezv4CZhdA
<u>Multi Skill 3</u> <u>Target Throw</u>	https://www.youtube.com/watch?v=FOmF3ZW9F6g
<u>Multi Skill 4</u> <u>Side to Side</u>	https://www.youtube.com/watch?v=xEWDCczucB0
<u>Multi Skill 5</u> <u>Speed Bounce 2</u>	https://www.youtube.com/watch?v=vMsllyrfoJg
<u>KS1 Dance</u> <u>Part 3 & 4</u>	https://www.youtube.com/watch?v=VZ64ngJEJ7c https://www.youtube.com/watch?v=YEgJ3fAfrLU
<u>KS2 Dance</u> <u>Part 3 & 4</u>	https://www.youtube.com/watch?v=SHKu0UM9DIU https://www.youtube.com/watch?v=5xWs_6FQtQQ
<u>Gymnastics</u> <u>Shapes</u>	https://www.youtube.com/watch?v=Wm4L96l9VGw
<u>Yoga</u> <u>Sun Salutation</u> <u>Breathing Relaxation</u> <u>Relax</u> <u>Breathing to Focus</u>	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
<u>Bikeability</u> <u>M Check</u> <u>Helmet Check</u>	https://www.youtube.com/watch?v=1TowxiKMK5M https://www.youtube.com/watch?v=zJDK_FGUcpk