**Year 6 planning**

**Monday 22nd June**

**This week is Healthy Week at Ysgol Cefn Mawr. Our home learning activities will be about a healthy lifestyle and keeping fit.**

* **9am- live PE session with Joe Wicks (Body Coach TV on YouTube)**
* **9.30 am- Break/ cool down.**
* **10 am-Yoga session** <https://www.youtube.com/watch?v=7kgZnJqzNaU>
* **Break**
* **11am- 12 pm- Rethink your drink!** Fill in the information on the table to find out how much sugar is in different drinks (choose the 1 dot, 2 dot or 3 dot activity). Use a bag of sugar and plastic sandwich bags and measure out the amount of sugar in each drink. Label and line up your bags of sugar and take a photograph of them.
* **1.00-Healthy Eating reading comprehension activity.**
* **1.30pm- 8 minute Workout session-** <https://www.youtube.com/watch?v=ixjdNUtWN-Y> and then break.
* **2.00-3.00pm-** Find out about the importance of good handwashing by watching the videos below and create a poster that we can display in school to encourage pupils to wash their hands correctly.

<https://www.youtube.com/watch?v=oGQpJafaWj0>

<https://www.youtube.com/watch?v=mWe51EKbewk>

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

<https://www.youtube.com/watch?v=NG1dLNKV7Lk>

<https://www.youtube.com/watch?v=LQ24EfM7sEw>