**Year 6 planning**

**Tuesday 23rd June**

* **9am- live PE session with Joe Wicks (Body Coach TV on YouTube)**
* **9.30 am- Break**
* **10.00 am-**Play the Healthy games and make your own game to teach younger children in school about the importance of a healthy lifestyle. It could be top trumps, a quiz, Healthy eating Bingo or a board game.
* **11am- 12 pm- Rethink Your Drink!** Use the information on your sheet from yesterday to draw a graph on the graph paper provided to show the amount of sugar found in different drinks (you can choose to use the grams of sugar or teaspoons of sugar per drink)
* **1.00-Fitness Bingo-** Each player has a Bingo board. Cut up the cards and place them down so that you cannot see them. Randomly select a card. Everyone has to do what is on the card and the person that does it for the longest amount of time gets to place the card on their board. The first person to call a line and then full house wins.
* **1.30pm- 10 minute total body workout and then rest.** <https://www.youtube.com/watch?v=pj4TVbnIEgk>
* **2.00-3.00pm-** Go outside and play a game as a family- it could be football, tennis, Rounders, cricket, basketball, etc. Send a photograph or video of your family game.