**Year 6 planning**

**Friday 26th June**

* **9am- live PE session with Joe Wicks (Body Coach TV on YouTube)**
* **9.30 am- Break**
* **10.00 am- Make your own healthy snack. There are some ideas on the website below. Send me a photograph of your healthy snack.**

<https://www.bbcgoodfood.com/recipes/collection/snacks-kids>

* **11am- 12 pm- Play the Wellbeing Wheel game.** You will need the instructions for the game, the cards, the board and the score sheet.
* **1.00-2.00p.m-** 1. Follow the instructions to make your own Well-being Jar- decorate your jar and fill it with notes with things you are looking forward to doing once Lockdown is over. You can keep adding to the jar as you think of new things over the coming weeks.

2. Complete the ‘What positives have come from Lockdown?’ activities.

* **2.00-3.00pm- Hold your own Sports Day at home with your family.**

You could include the following races:

Running (short and long distance)

Skipping

Egg and spoon race

Bean bag balance

Long jump

Throwing competition

Create your own obstacle course

Award 3 points for first place in each race, 2 points for second place and 1 point for third place. Who is the overall winner?

**Send me some photographs of your family Sports Day.**