

Year 5 PE

Week Beginning 13th July

Improve your individual football skills. In your back garden, have a go at some of the skills from the video. You can use whatever resources/equipment you can find in your home. Then 4 cricket skills practices to finish off all the sessions. Good luck!

<https://www.bbc.co.uk/newsround/52579238>

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_936265713181590485136190

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_623459406191591004188712

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_382615910201591693678141

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