To Access all activities Mr Pearce and Mr Flanagan is wanting you to try:

* Go to: ***The Good Shepherd School website***
* *Click:*  ***MENU***
* *Click:* ***Learning with us***
* *Scroll down to yellow bars* *and click*: ***Home Learning- Covid-19***
* *Scroll right to bottom of page to Yellow Bars- Click:* ***Stay Active with Mr Pearce***

**All material for lessons/activities below will be accessible here.**

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**Starter activity: Just Dance**

**Click on Getting More Active document scroll to the bottom and click Just Dance Youtube link.**

* **Decide a Dance to move to!**

**Or you can just go to YouTube type in Just Dance and decide which song to dance to.**

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**PE lesson Part 1: Basketball:**

**Click on Basketball Bounce video have a go and try challenges**

**Click on Body Ball Video- Have a go and Try Challenges**

**Click on T-Shirt Challenge Video- Have a go and Try challenges**

**PE Lesson Part 2: Gymnastics Rolls:**

**Click on Gymnastics Rolls Video- Just have a go!**

**FUN around the House activity:**

**Click on Superhero FUN Home Activities**

***Play: Fantastic Four Fireball Throwers***

**Mindfulness exercise to finish: COSMIC YOGA**

**Click on Getting More Active Document**

**Click on Cosmic Yoga link (or go to Youtube and type in Cosmic Yoga)**

**Pick a 15-minute video to try**