**London YST Inclusion – National Empathy Week – 22nd-26th February 2021 - Inclusive PE at Home or in School**

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|  Activity | Monday22nd FebruaryAthletics | Tuesday23rd January New Age Kurling | Wednesday24th February Sitting Volleyball | Thursday25th February Badminton  | Friday26th February Fitness  | Why not try these? At theweekend |
| Warm Up  | [Welcome Introduction -Kate Gray](https://www.youtube.com/watch?v=NHC2P5F5i0U&feature=emb_title) | [8 Minute Workout with Joe & Harry](https://www.youtube.com/watch?v=TUp2_VAHIrI) ­ | [Kate Gray Story](https://youtu.be/VyvrtzJSr5M) | [Young Athletes at Home Lesson (specialolympics.org)](https://resources.specialolympics.org/sports-essentials/young-athletes/young-athletes-at-home-lesson) | Special Olympic Friday Fitness with Kiera | [Swing Ball Tennis](https://vimeo.com/417100149) |
| ParalympicSports | [The Superhumans in the Paralympics](https://www.youtube.com/watch?v=IocLkk3aYlk) | [New Age Kurling Intro](https://www.topsportsability.co.uk/members/resources/disability-sports/new-age-kurling)\*\* See below | [Sitting Volleyball A Paralympic Sport](https://www.youtube.com/watch?v=uXLSzwJoT4M) |  [Badminton – a Paralympic Sport](https://www.youtube.com/watch?v=9DG3wjXKMYc)  | [Learning & Discovery](https://www.youtube.com/watch?v=3Yu6so4hPeA&feature=youtu.be)[Challenge Day](https://www.youtube.com/watch?v=3Yu6so4hPeA&feature=youtu.be) | [Inclusive Bingo](https://www.youthsporttrust.org/system/files/Inclusive%20Physical%20Activity%20Bingo%20Visual.pdf) |
| Learning & Discovery DayActivity 1 | [Athletics](https://www.youtube.com/watch?v=Tzd_A3nMX3I) | [New Age Kurling Slide to Score](https://www.youtube.com/watch?v=Wrm5mMiRu9Y) | [Sitting Volleyball](https://www.youtube.com/watch?v=XjeXjKk7OQA) | [Indoor Badminton](https://www.youtube.com/watch?v=dimlLTZkPxw) | [Shuttle runs](https://youtu.be/E9GFgt-As_o) | [The Inclusion Club](http://theinclusionclub.com/lockdown-games-2/)[Adapted Golf/Throlf](http://theinclusionclub.com/lockdown-games-2/) |
| Activity 2 | [Standing Long Jump 1](https://www.youtube.com/watch?v=Dc-y0H6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=18&t=0s)[Standing Long Jump 2](https://www.youtube.com/watch?v=WbrMYhOusuA&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=14) | [Kitchen Curling](https://www.youtube.com/watch?v=7051Y5duZJA) | [Seated Volleyball 1](https://www.youtube.com/watch?v=TGzXjmI6sx0) | [Badminton Tap Ups](https://www.youtube.com/watch?v=IPxPL8NfTLA) | [Around the world](https://youtu.be/ycK0bknIewQ) | [Boccia](https://vimeo.com/504809068)[Moving Targets](https://vimeo.com/504809068) |
| Activity 3 | Running -Treasure Chest | [Panathlon Kurling](https://youtu.be/jlPOseLG50E)[Into the Tower](https://youtu.be/jlPOseLG50E) | [Seated Volleyball 2](https://www.youtube.com/watch?v=33kKhiuGa4Y) | [Badminton at Home](https://drive.google.com/file/d/1d33A3bSGJN-LKYamAQydsNZlfHC3NLlA/view?usp=sharing) | [Kate Gray](https://youtu.be/fn4sPv4vvqQ)[Closing Message - Congratulations](https://youtu.be/fn4sPv4vvqQ) |  |
| Learning & Discovery Challenge | Tell a friend/family member about the activities? What did you like? How did you feel before/ during/ after the activities? | How could you change an activity to make it easier or harder so that a friend or family member can play? | Create your own Sitting volleyball game and add a scoring system. Can you beat your Personal best score? | Show and play your favourite activity this week with a family member, friends or post on social media\* | How did you challenge yourself? Tell a friend, family member or share on social media\* |  |

\*Remember to ask for parent/carers permission before posting on social media

\*\* To watch the New Age Kurling video, a parent/carer will need to register on [TOP Sportsability](https://www.topsportsability.co.uk/) using YSTINCLUSION25 & the child’s school