

PDS Online Sessions

Please find below this week's online Sports and Dance based sessions that can be complete in a school setting or at home.

The Streetdance song is - 'I gotta get through this by Daniel Bedingfield'.

<https://youtu.be/AwTz81Yfe3k>

(Streetdance – Part One)

<https://youtu.be/xYKVVfmW5oU>

(Streetdance – Part Two)

<https://youtu.be/pgs7L7ojplU>

(Streetdance – Part Three)

<https://youtu.be/Ji-1Jqth95k>

(Streetdance – Full Routine)

<https://youtu.be/Y4arEkwkiG8>

(Sports Session – Peter - Football Passing Skills. Equipment – 1 ball per player and cones. SCHOOL BASED SESSION.)

<https://youtu.be/PiTRegT7OY>

(Sports Session – Peter – Catching Skills with a partner . Equipment – Dodgeballs/Soft Ball, Cones. SCHOOL BASED SESSION.)

<https://youtu.be/UoeyTDTUCKw>

(Sports Session – Neil – Basketball Dribbling Session. Equipment – 8 cones / tins, 1 ball. HOME BASED SESSION.)

<https://youtu.be/gJwLsajc7ns>

(Sports Session – Neil – Assault Course Session. Equipment – 5 tins / cones. HOME BASED SESSION.)