



## We're excited to share our Virtual Lessons!

Topic	Week	Lesson focus area	Links to Lesson
<b>Resilient Rammie</b> These lessons are designed to increase resilience, self-esteem and teamwork.	1	What do we mean by 'resilience'	<a href="https://youtu.be/JmQsqgpRJF0">https://youtu.be/JmQsqgpRJF0</a>
	2	Positive thinking	<a href="https://youtu.be/riValnGFvrM">https://youtu.be/riValnGFvrM</a>
	3	Self Esteem	<a href="https://youtu.be/D3k9nYhGoZE">https://youtu.be/D3k9nYhGoZE</a>
	4	Strengths and Areas for Improvement Setting Goals	<a href="https://youtu.be/ZUDc193ErW4">https://youtu.be/ZUDc193ErW4</a>
<b>Reading Stars</b> These lessons aim to stimulate literacy engagement in children who love football.	1	The purpose of reading and sources of information	<a href="https://youtu.be/fNvcW5aPd9c">https://youtu.be/fNvcW5aPd9c</a>
	2	5 Finger Rule and Blurbs	<a href="https://youtu.be/LErmLHHQd4A">https://youtu.be/LErmLHHQd4A</a>
	3	In the news – Magazines vs Newspapers	<a href="https://youtu.be/52bEACiEvBA">https://youtu.be/52bEACiEvBA</a>
	4	Player Profile – fact or opinions	<a href="https://youtu.be/M9fXlKp02O8">https://youtu.be/M9fXlKp02O8</a>
<b>Physical Education</b> These lessons will provide simple to follow PE activities to enjoy together to enable children to continue to develop their skills. You don't need to be in PE kit or have lots of equipment as we've adapted the activities.	1	Underarm throwing	<a href="https://youtu.be/7vuDG6TYWY8">https://youtu.be/7vuDG6TYWY8</a>
	2	Overarm throwing	<a href="https://youtu.be/o1kpXFfar34">https://youtu.be/o1kpXFfar34</a>
	3	Hand eye co-ordination	<a href="https://youtu.be/1psNauQN8xs">https://youtu.be/1psNauQN8xs</a>
	4	Balance	<a href="https://youtu.be/GQzx-KY6gUY">https://youtu.be/GQzx-KY6gUY</a>
<b>Matchday Maths</b> These lessons use physical activity to engage and motivate pupils around key numeracy skills	1	Greater Than and Less Than	<a href="https://youtu.be/CeEsBEfa6dc">https://youtu.be/CeEsBEfa6dc</a>
	2	Addition	<a href="https://youtu.be/R1Y9IfGfrw4">https://youtu.be/R1Y9IfGfrw4</a>
	3	Subtraction	<a href="https://youtu.be/YNNSG4YOaiA">https://youtu.be/YNNSG4YOaiA</a>
	4	Multiplication and Times Table	<a href="https://youtu.be/RhrX1kBrok">https://youtu.be/RhrX1kBrok</a>
<b>Physical Activity</b> These sessions will encourage children to be physically activity with a different sport theme each week. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.	1	Golf #stayinworkout	<a href="https://youtu.be/sws4oqXuWZw">https://youtu.be/sws4oqXuWZw</a>
	2	Football #stayinworkout	<a href="https://youtu.be/MkzItJq6zQg">https://youtu.be/MkzItJq6zQg</a>
	3	Netball #stayinworkout	<a href="https://youtu.be/Vlfk1BAm3lY">https://youtu.be/Vlfk1BAm3lY</a>
	4	Orienteering #stayinworkout	<a href="https://youtu.be/ogLdTjzgVU4">https://youtu.be/ogLdTjzgVU4</a>



### **NEW: Connecting Generations #GetInTouch Virtual Lesson**

The Premier League are encouraging fans and pupils to #GetInTouch with an older relative, friend or neighbour who may be isolated due to the Coronavirus pandemic, you can #GetInTouch by writing a letter, drawing a poster, making a phone or video call to someone to help them feel supported during the current times.

We've filmed a **NEW Virtual Lesson** for children to watch and help them get involved in #GetInTouch:

<https://youtu.be/eHYW03NiPgE>

Click here to access the Premier League resources: <https://plprimarystars.com/resources/connecting-generations>

Please use the resources & share your work with us at @DCCTOfficial & @PLCommunities

### **Links to worksheets:**

#### Reading Stars

- 5 finger rule: <https://www.derbycountycommunitytrust.com/wp-content/uploads/2020/05/5-Finger-Rule.pdf>
- Billy Bonkers: <https://www.derbycountycommunitytrust.com/wp-content/uploads/2020/05/Billy-Bonkers.pdf>
- Why did I choose that book: <https://www.derbycountycommunitytrust.com/wp-content/uploads/2020/05/Why-Did-I-Choose-That-Book.pdf>



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