

TUTORIALS ON YOUTUBE



Please remember that Youtube has an age restriction of 13 years old .
Therefore we recommend that children complete these activities under adult supervision.

<https://www.youtube.com/channel/UCGkvc6DSuQdTikcVKmg>



Ukulele Lessons

The musician Mei Gwynedd is offering ukelele lessons for children on his Youtube channel. New videos will be included every Tuesday and Thursday.

<https://www.youtube.com/c/huwaaron>



Criw Celf

The artist and cartoonist , Huw Aaron, shares his art tips to create , comics , games and animations for children every day from 3 o'clock.

<https://www.youtube.com/channel/UCAPFicbz wM5I9jgcZSUkeJw>



Orielodl

The artist Rhys Padarn Jones, has created a series of videos for children to follow to create a variety of pictures like pictures out of letters of the Welsh alphabet, pictures to represent songs e.g. Sosban Fach e.t.c.

<https://www.youtube.com/channel/UCytr...>



Art Ninja

There are many various videos from the CBBC program to create pictures, models etc.



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



P.E. With Joe

A collection of exercise videos by Joe Wicks for children.

<https://www.youtube.com>



Cosmic Yoga

Yoga and relaxation sessions for children 3+.

<https://www.youtube.com/channel/UCbJ14mhOuxf473heSgb90Q>



Actifiti circuit sessions

Circuit sessions available in Welsh and English every weekday for free.

<https://www.youtube.com/channel/UCLbGTL7Ete>



Teulu Ffit gan Ffit Cymru

Fitness sessions for the whole family with Rae Carpenter every weekday morning at 9 o'clock. You can watch them again on the Youtube channel.

<https://www.facebook.com/sgiliau/>



Sgiliau

There are activity cards for pupils in the Foundation Phase and fitness sessions for KS2/KS3 pupils included on the Sgiliau Facebook page.

<https://www.facebook.com/OtiMabuse/>



Dancing with Oti Mabuse

Every morning at 11:30 Oti Mabuse introduces a different dance for you to follow.

<https://www.facebook.com/diversedancemix/>



Dancing with Darcey Bussell

There are 10 minute dancing sessions from Monday to Friday at 1:30 p.m. on the DDMix Facebook page.

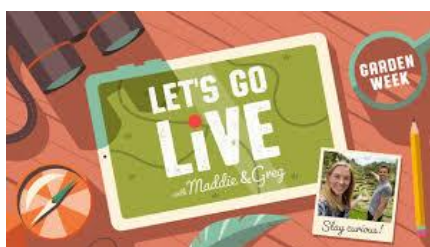
<https://www.facebook.com/stevebackshallofficial/>



Steve Backshall

Every day at 9.30 a.m. Steve Backshall will answer questions about wildlife, conservation, biology, geography and exploring live on his Facebook page.

<https://www.youtube.com/maddiemoate>



Science with Maddie Moate

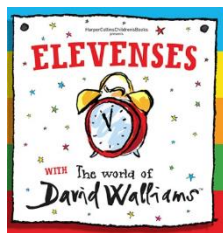
Every morning at 11 o'clock Maddie Moate talks live about Science and wildlife.

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>



Music with Myleene Klass
Myleene Klass will be giving music sessions for children every Monday to Friday at 10 o'clock. She will also be giving a lullaby session at 6.30 p.m. every Wednesday.

<https://www.worldofdavidwalliams.com/elevenses/>



David Walliams
Every day at 11 o'clock the author David Walliams will read a different story from the 'World's Worst Children' books. The recordings are available until 11 o'clock the next day!

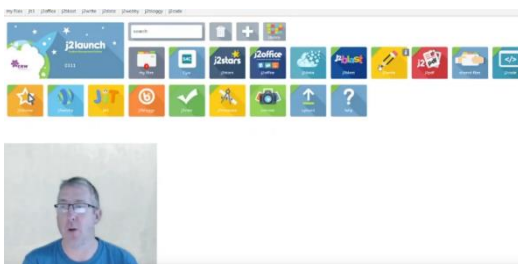
https://www.youtube.com/watch?time_continue=3&v=FifpAgXUJq8&feature=emb_logo



Introduction to Hwb and J2E

An introduction for parents and pupils showing how to log in to Hwb and use J2E by Mr Huw Benbow from Pembrokeshire County Council.

<https://youtu.be/LVqyW9AtOdI>



Change the language in Hwb a J2E

This video shows parents and pupils how to switch from the Welsh version of J2E to the English version.



<https://youtu.be/ObUSGBOUcCuc>



Uploading non Digital work to J2E

This video shows how you can upload non -digital work that the pupils have produced at home to J2E.

<https://www.facebook.com/Sianisi>



Siani Sionc

Story reading and singing sessions for nursery aged children available daily on Siani Sionc's Facebook page.

<https://www.facebook.com/learncymraeg/>



Dysgu Cymraeg / Learn Welsh
Welsh lessons for learners (about 10 minutes in length) available every day at 3 o' clock on the Dysgu Cymraeg / Learn Welsh Facebook page.

<https://twitter.com/goytrefawr/status/1254101208735846408>



Using an X-Box to access Hwb

A video by a pupil in Goytre Fawr Primary School , Monmouthshire , showing how to change the settings on an Xbox so you can access Hwb.



HAND WASHING

THE GAME

- We are all washing our hands a lot these days - can we balance on one leg whilst doing it?! Change legs half way through or each time you wash your hands
- Fancy a different challenge - do calf raises instead. From standing, raise onto your tip toes and slowly lower, repeat.

TOP TIP

- For a longer and harder challenge - can you do the above for the two minutes when brushing your teeth?!

TARGET PRACTICE

THE GAME

- Collect empty bottles or tins and create a target with them.
- Roll some socks into a ball and throw it at the target. Try to knock them all down.
- Try both under arm and over arm throws.

TOP TIP

- How many throws did it take to clear all the targets?
- Can you throw something else? How about a ball or a bean bag?
- Can you reduce the number of bottles or tins to aim at?

BALANCE BEAM

THE GAME

- Find some string or a rope and stretch it out across the ground. Can you walk along the rope without falling off?
- Can you place a box or something in the way to step over?
- How about walking sideways? Or walking backwards?
- Can you place something on your head as you walk? Like rolled up socks?

TOP TIP

- How about rolling up a towel to walk on to make it a little harder?
- Try closing your eyes as you walk. Does this affect your balance?
- Can you stand still and balance on one foot?
- Can you lean forward whilst **on one foot**?

RACES

THE GAME

- Move as fast as you can to a point and back
- Run, Skip, Jump, Hop - ask your child to come up with different ways to move
- Race to beat your own time and record these times, or race someone else!

TOP TIP

- You could include bouncing a ball, throwing and catching a ball, or balancing a soft object on your head to make the races harder!



SOCK GOLF

THE GAME

- You will need a pair of socks rolled up into a ball, and a bucket or box.
- The aim is to throw the socks into the bucket.
- Count how many throws it takes you to get the ball into the hole.

TOP TIP

- Create your very own Golf Course at your house, moving in between rooms.
- Decide how many shots you get depending on the difficulty of the hole.
- If throwing is too easy, try hitting out of your hand like hitting a Tennis ball.



ANIMAL MOVES

THE GAME

- Identify eight different animals, or use the eight we picked on the wheel.
- At random, select one of the animals. Move along the room or the garden as that animal would move.
- Can you jump like a frog or stamp like an elephant?

TOP TIP

- Are there different animals you can add?
- Can you change from one animal to another without stopping?



CLAPPING GAME

THE GAME

- Hold a ball in two hands. Throw it up into the air. As the ball is in the air, can you clap your hands before catching?
- How many times can you clap your hands together before catching the ball?

TOP TIP

- What about using different objects?
- Easier with a balloon? Try different size balls. Something larger like a football or a rugby ball. Something smaller like a tennis ball or a cricket ball. What about a Ping-Pong ball?
- Can you catch with just one hand?



CLOWN MIRRORS

THE GAME

- You will need to find a Clown at your home (Mum, Dad, Brother or Sister)
- Stand face to face with the Clown, and you must follow and re-create every movement.
- Change the Clown every 30 seconds.

TOP TIP

- Give the Clown a piece of equipment. How about a teddy bear or a toy instead of a ball.
- Clown can't move and can only give verbal instructions.
- Be creative! Laughing is essential!





Foundation Phase session 1:

https://www.youtube.com/watch?v=tTPT7TZ81V4&list=PL9UGnyrcd3cK9q_Q4Tx2QaFjm2DnWdt_h&index=3&t=92s

Foundation Phase session 2:

https://www.youtube.com/watch?v=SG2Yvcp2E6s&list=PL9UGnyrcd3cK9q_Q4Tx2QaFjm2DnWdt_h&index=4

Foundation Phase session 3:

<https://www.youtube.com/watch?v=kylfWMTN8M4>

Key Stage 2 – Session 1:

https://www.youtube.com/watch?v=wq4S0Eck9Sw&list=PL9UGnyrcd3cK9q_Q4Tx2QaFjm2DnWdt_h&index=3

Key Stage 2 – Session 2:

<https://www.youtube.com/watch?v=S5N8VZ7aQ1Q>

How many can you do in 30 seconds challenge

<https://spark.adobe.com/video/w7giR7L2XpGfK>

