

## **Premier Education**

**Copy and paste the below links into your browser to access the sessions**

Street Dance

<https://youtu.be/7uQytrYXTko>

Basketball

<https://youtu.be/5FUb9tICdg8>

Fitness - parent/teacher & child

<https://youtu.be/57zMZBqluaw>

Tennis

<https://youtu.be/fxUTq1QB4Yk>

Multi Skills, control and balance

<https://youtu.be/2Ac4gjNuhLw>

Dance

<https://youtu.be/Oa607xFZKZQ>

Football (dribbling skills)

<https://youtu.be/gSHeLWE6til>

Yoga

<https://youtu.be/SOdZrXNtDoc>

Fitness (mobility exercises)

<https://youtu.be/Ryf6yEluPiE>

Gymnastics (two parts - the second being a progression)

1. <https://youtu.be/-qRuOHnfTgQ>

2. <https://youtu.be/1l6H-sO8CpM>