****

**Home Learning: Physical Education**

Hi students and parents,

Here are some activities and games that students and parents can access using YouTube and Google. Some activities require sports equipment, use something from around the house that would do the same job as the sports equipment. You need small space to do most of these activities, if you have outdoor space then use that.

Keep moving, drink plenty of water and eat healthy.

Stay Safe and take care of your family.

**Mr. Herrera**

|  |
| --- |
| **Health and Physical Education** |
| P-2 | 3-4 | 5-6 | All Grades  |
| Sports games and activities: <https://www.youtube.com/watch?time_continue=62&v=3e6f14CqlAc&feature=emb_title>Cosmic Kids Yoga:<https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ> Prime Coaching activities <https://www.youtube.com/channel/UCliBigoW1uxxMGtVIGTGwMw> | Go Noodle <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>GoNoodle has some catchy music and educational songs. Movement and learning at same time.Agile and mobile movements: <https://www.youtube.com/watch?v=o8uTdn_zkok>Prime Coaching activities <https://www.youtube.com/channel/UCliBigoW1uxxMGtVIGTGwMw> Cosmic Kids Yoga:<https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ>  | The Beep test: If you have a big backyard you can do this fitness test there.<https://www.youtube.com/watch?v=e0U_yQITBks>Prime Coaching activities <https://www.youtube.com/channel/UCliBigoW1uxxMGtVIGTGwMw>Just Dance <https://www.youtube.com/results?search_query=just+dance+kids>Cosmic Kids Yoga:<https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ>  | Fitness Blender Kids Workout - 25 Minute Fun Workout for Kids at Home<https://www.youtube.com/watch?v=McD6_oOWs-M>Kid Workout 1:<https://www.youtube.com/watch?v=dhCM0C6GnrY>Kids Workout 2: <https://www.youtube.com/watch?v=L_A_HjHZxfI>Cosmic Kids Yoga:<https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ>  |

**Resources:**

**Playing for sports P-6**

This site has over 100 activities for all ages, some require sports equipment, most activities require hula hoops, cones, and balls. If you don’t have these sports equipment at home, get creative with what you have around the home ‘children.’

<https://www.sportaus.gov.au/p4l>

**Bluearth Foundation P-6**

This site has over 100 activities for all ages. You will be required to create an account.

<https://www.bluearth.org/>

Parents, please don’t hesitate to contact me for any help or support: heribert.herrera@hestalbanssth.catholic.edu.au

**STAY STRONG :)**