

Holy Eucharist PS Home Learning: Physical Education

Hi students and parents,

Students and Parents, please don't hesitate to contact me for any help or support on:

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STAY SAFE :) Mr. Herrera PE Teacher

3-4 Activities (MUST DO) Week 6 Term 3 (17th -21st August 2020)

<p>Monday PE Session 1 Movement patterns W6 T3</p>	<p>Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=14ou-fplEi4</p> <p>WILF: <i>I am looking for students to</i> Focus: <i>Hopping in & out/2 footed jumps, left and right foot.</i></p> <p>Practice these ladder agility drills 5 times each! Use chalk or any materials around the house to set up agility ladder.</p> <p>WATCH THIS VIDEO: Watch My Challenge Video for these activities. TWO angles. SCREEN SHOTS ON DESKTOP</p> <p>Key Questions: 1: <i>What muscle are you working out during these exercises?</i> 2: <i>Which activity did you find challenging or easy? Why?</i></p>
<p>Wednesday PE Session 2 Karate W6 T3</p>	<p>WILF: <i>I am looking for students to learn some basic taekwondo moves.</i> Focus: <i>Punching and Kicking</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=K2lda5Q9HoY</p> <p>Key Questions: 1: <i>Why is it important to warm before any exercise?</i> 2: <i>When punching, why is important to move forward when you do this action?</i></p>
<p>Friday PE Session 3 Dancing W6 T3</p>	<p>Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=14ou-fplEi4</p> <p>WILF: <i>I am looking for students to learn some basic dance moves.</i> Focus: <i>3 simple dance moves for beginners.</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=ujREEGxEP7g&list=PL0m7UHfPZEA9R8Y6xautFgqeWnorDj2Le&index=6&t=0s</p> <p>Key Questions: 1: <i>Which dance move did you find easy to learn? Why?</i> 2: <i>What dance move did you learn in week 5?</i></p>

Optional Activities:

Option 1: Walk/Run/Bike Ride/ Kick a ball with an adult or sibling.

Option 2: Meditation/Mindfulness.

WATCH THIS VIDEO:

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

Have fun and try your best!!

Option 3: 60 Second Physical Activity Challenges

60 Second Challenge

Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.

Achieve Silver
40 Times around your waist.

Achieve Bronze
30 Times around your waist.

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60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold
35 times through your legs

Achieve Silver
25 times through your legs

Achieve Bronze
15 times through your legs

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