

## 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:

[heribert.herrera@hestalbanssth.catholic.edu.au](mailto:heribert.herrera@hestalbanssth.catholic.edu.au)

STAY SAFE :) Mr. Herrera PE Teacher

### 3-4 Activities (MUST DO) Week 7 Term 3 (24<sup>th</sup> -28<sup>th</sup> August 2020)

<p><b>Monday Session 1</b></p> <p><b>Agility Ladder</b></p> <p><b>W7 T3</b></p> <p><b>Google Meet</b></p> <p><b>today at 12:20</b></p> <p><b>pm click on this</b></p> <p><b>Link --&gt; (Insert</b></p> <p><b>Meet Link Here)</b></p>	<p>Warm Up FIRST:</p> <p><b>WILF:</b> <i>I am looking for students to warm up correctly.</i></p> <p><a href="https://www.youtube.com/watch?v=pLuM18p9zbM">https://www.youtube.com/watch?v=pLuM18p9zbM</a></p> <p><b>WILF:</b> <i>I am looking for students to move quickly over short distance.</i></p> <p><b>Focus:</b> <i>2-feet in &amp; out/4-step in &amp; out/wide &amp; narrow</i></p> <p><b>Practice these ladder agility drills 5 times each! Use chalk or any materials around the house to set up agility ladder.</b></p> <p>WATCH THIS VIDEO:</p> <p><b>MY VIDEO</b></p> <p><b>Key Questions:</b></p> <p>1: Which of these agility ladder exercise did you find easy? why?</p> <p>2: Would these exercises be good for warming up? why?</p>
<p><b>Wednesday</b></p> <p><b>Session 2</b></p> <p><b>Yoga</b></p> <p><b>W7 T3</b></p> <p><b>Google Meet</b></p> <p><b>today at 09:40</b></p> <p><b>Am click on this</b></p> <p><b>Link --&gt; (Insert</b></p> <p><b>Meet Link Here)</b></p>	<p><b>WILF:</b> <i>I am looking for students to learn some basic YOGA poses.</i></p> <p>WATCH THIS VIDEO:</p> <p><a href="https://www.youtube.com/watch?v=QhCtYT8Axmg&amp;t=3s">https://www.youtube.com/watch?v=QhCtYT8Axmg&amp;t=3s</a></p> <p>Time: 53.03</p> <p><b>Key Questions:</b></p> <p>1: Which Yoga pose was easy for you? Why?</p> <p>2: Which Yoga pose was hard for you? Why?</p>
<p><b>Friday Session 3</b></p> <p><b>Dancing</b></p> <p><b>W7 T3</b></p>	<p>Warm Up FIRST:</p> <p><b>WILF:</b> <i>I am looking for students to</i></p> <p>WATCH THIS VIDEO:</p> <p><a href="https://www.youtube.com/watch?v=pLuM18p9zbM">https://www.youtube.com/watch?v=pLuM18p9zbM</a></p> <p><b>WILF:</b> <i>I am looking for students to learn the Air Walk dance move.</i></p> <p>WATCH THIS VIDEO:</p> <p><a href="https://www.youtube.com/watch?v=y0mfNWKBQp0">https://www.youtube.com/watch?v=y0mfNWKBQp0</a></p> <p>Time: 3:42</p> <p><b>Key Questions:</b></p> <p>1: Which dance move did you learn in week 6?</p> <p>2: How did you find this dance move easy or hard? Why?</p>

### Optional Activities:

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

**Have fun and try your best!!**

# Option 2: 60 Second Physical Activity Challenges

## 60 Second Challenge

### Bunny Jumps

Can you keep going even when you are tired?

#### The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



#StayHomeStayActive

#### Equipment

A bench or a stool\*

\*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.

#### Achieve Gold

80 Bunny Jumps



#### Achieve Silver

60 Bunny Jumps



#### Achieve Bronze

40 Bunny Jumps



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## 60 Second Challenge

### Skipping

Do you keep trying even when you want to give up?

#### The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#StayHomeStayActive

#### Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

#### Achieve Gold

70 skips



#### Achieve Silver

50 skips



#### Achieve Bronze

30 skips



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