

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

STAY SAFE :) Mr. Herrera PE Teacher

5-6 Activities (MUST DO) Week 5 Term 3 (10th - 14th August 2020)

Monday Session 1 Football Skills	Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i> WATCH THIS VIDEO https://www.youtube.com/watch?v=xbVr38Bhe7E WILF: <i>I am looking for students to learn how to handball in footy.</i> Focus: Footy Skills <i>Use any type of ball if you do not have football.</i> <i>Watch this Video:</i> <i>To learn how handball correctly and the different handball activities you can do.</i> https://www.youtube.com/watch?v=7gK3Ik8rNkU AFL RESOURCE
Wednesday Session 2 Exercise/ Karate	WILF: <i>I am looking for students to learn some basic taekwondo moves.</i> WATCH THIS VIDEO: https://www.youtube.com/watch?v=TqNcoCgcE0E Taekwondo Class Video 4 Time: 37.14 Global martial Arts University. Resources
Thursday Session 3 Fitness	Warm Up FIRST: WILF: <i>I am looking for students to focus on their breathing during their workout.</i> WATCH THIS VIDEO https://www.youtube.com/watch?v=DQt9r6bieE0 <i>Full Body Workout Time: 20.31</i>

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=aNTXpJV8aUg>

Time: 20:13

Guided Meditation for Children (Your Magic Island)

Have fun and try your best!!

Option 3: 60 Second Physical Activity Challenges

60 Second Challenge

Burpees

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

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!


If you find it tough do not perform the leg extensions.

Achieve Gold
30 burpees

Achieve Silver
20 burpees

Achieve Bronze
10 burpees

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60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold
35 catch and claps

Achieve Silver
25 catch and claps

Achieve Bronze
15 catch and claps

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