

## 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

### 5-6 Activities (MUST DO) Week 6 Term 3 (17<sup>th</sup> - 21<sup>st</sup> August 2020)

<b>Monday</b> <b>PE</b> <b>Session</b> <b>1</b> <b>Football</b> <b>Skills W6</b> <b>T3</b>	<p>Warm Up FIRST: <b>WILF:</b> <i>I am looking for students to warm up correctly.</i></p> <p><b>WATCH THIS VIDEO:</b> <a href="https://www.youtube.com/watch?v=14ou-fplEi4">https://www.youtube.com/watch?v=14ou-fplEi4</a></p> <p><b>WILF:</b> <i>I am looking for students to learn how to kick correctly a footy ball.</i> <b>Focus on: Kicking Footy ball correctly.</b></p> <p><b>Watch this Video:</b> <a href="https://www.youtube.com/watch?v=CkczB9Ez0oE">https://www.youtube.com/watch?v=CkczB9Ez0oE</a></p> <p><b>KEY QUESTIONS</b></p> <p>1: How do you hold the football when you kick for a goal? 2: Do you kick the ball with the lace up or lace down?</p>
<b>Wednes</b> <b>day PE</b> <b>Session</b> <b>2</b> <b>Exercise/</b> <b>Karate</b> <b>W6 T3</b>	<p><b>WILF:</b> <i>I am looking for students to learn some basic taekwondo moves.</i> <b>Focus on:</b> Punching and Kicking technique</p> <p><b>WATCH THIS VIDEO:</b> <a href="https://www.youtube.com/watch?v=K2lda5Q9HoY">https://www.youtube.com/watch?v=K2lda5Q9HoY</a></p> <p><b>Key Questions:</b></p> <p>1: Why is it important to warm before any exercise? 2: When punching, why is important to move forward when you do this action?</p>
<b>Thursda</b> <b>y PE</b> <b>Session</b> <b>3</b> <b>Fitness</b> <b>W6 T3</b>	<p><b>WILF:</b> <i>I am looking for students to focus on trying all the exercises.</i> <b>Focus on: Fitness, breathing and working all the muscles.</b></p> <p><b>WATCH THIS VIDEO</b> <a href="https://www.youtube.com/watch?v=UFKf4X0pyKs&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9EO&amp;index=70">https://www.youtube.com/watch?v=UFKf4X0pyKs&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9EO&amp;index=70</a></p> <p><b>Key Questions:</b></p> <p>1: Which exercise did you find challenging? Why? 2: What exercise did you find easy? Why?</p>

### Optional Activities:

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

**Option 2:** Meditation/Mindfulness.

**WATCH THIS VIDEO:**

**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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