

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 7 Term 3 (24th - 28th August 2020)

Monday Session 1 Footy ball drills. W7 T3	Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i> WATCH THIS VIDEO https://www.youtube.com/watch?v=pLuM18p9zbM WILF: <i>I am looking for students to learn some basic ball drills.</i> Focus: Hand and eye coordination <i>Watch this Video:</i> https://www.youtube.com/watch?v=-2LGEPf8U4s KEY QUESTIONS 1: Which of these exercises did you find easy to do? Why? 2: Which one did you find hard to do? Why?
Wednesday Session 2 YOGA W7 T3 Google Meet today at 2:30 pm click on this Link --> (Insert Meet Link Here)	WILF: <i>I am looking for students to learn some basic YOGA poses.</i> WATCH THIS VIDEO: https://www.youtube.com/watch?v=QhCtYT8Axmg&t=3s Time: 53.03 Key Questions: 1: Which Yoga pose was easy for you? Why? 2: Which Yoga pose was hard for you? Why?
Thursday Session 3 Fitness W7 T3 Google Meet today at 1:30 pm click on this Link --> (Insert Meet Link Here)	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=f1DCBvypjNw KEY QUESTIONS 1: Which exercise did you find challenging? Why? 2: What exercise did you find easy? Why?

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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