

## 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

### P-2 Activities (MUST DO) Week 5 Term 3 (10<sup>th</sup> - 14<sup>th</sup> August 2020)

<b>Session 1</b> <b>Exercise/ Game based skills</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> <i>The Body Coach TV:</i> <a href="https://www.youtube.com/watch?v=xbVr38Bhe7E">https://www.youtube.com/watch?v=xbVr38Bhe7E</a></p> <p><b>WILF:</b> <i>I am looking for students to learn to jump correctly.</i></p> <p><b>WATCH THIS VIDEO</b> <a href="https://www.youtube.com/watch?time_continue=199&amp;v=rCg-MkVkyU&amp;feature=emb_logo">https://www.youtube.com/watch?time_continue=199&amp;v=rCg-MkVkyU&amp;feature=emb_logo</a></p> <p><b>Watch My Challenge Video for some Jumping activities.</b> <i>It will be on Foundation, Grade 1 and 2 Specialist Class Dojo Page.</i></p>
<b>Session 2</b> <b>Yoga</b>	<p>Warm Up FIRST: <b>WATCH THIS VIDEO</b> <i>The Body Coach TV:</i> <a href="https://www.youtube.com/watch?v=xbVr38Bhe7E">https://www.youtube.com/watch?v=xbVr38Bhe7E</a></p> <p><b>WILF:</b> <i>I am looking for students to concentrate on their breathing during YOGA.</i></p> <p><b>WATCH THIS VIDEO:</b> <a href="https://www.youtube.com/watch?v=9vLpwN-_DGw">https://www.youtube.com/watch?v=9vLpwN-_DGw</a> The Twits/A cosmic kids Yoga adventure. Time: 16.57</p>
<b>Session 3</b> <b>Gymnastic</b>	<p><b>WILF:</b> <i>I am looking for students to learn some basic gymnastic skills.</i> <i>Focus: Warm up stretches and shapes.</i></p> <p>Watch My Video. <a href="https://www.youtube.com/watch?v=d7DqvjhrcNs">https://www.youtube.com/watch?v=d7DqvjhrcNs</a> Time: 22.47</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=m-CYBzxulsM&list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5&index=18>

Time: 7:04

Space Breathing/Guide Meditation for kids/Peace Out.

## Have fun and try your best!!

# Option 3: 60 Second Physical Activity Challenges

**60 Second Challenge**  
**Around the World**

**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**  
**Air Balloon**

**The Physical Challenge**

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



**Equipment**

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

**Achieve Gold**  
 Lose 0 lives

**Achieve Silver**  
 Lose 1 life

**Achieve Bronze**  
 Lose 2 lives






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Have fun with these mini activities!