

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

P-2 Activities **(MUST DO) Week 6 Term 3 (17th - 21st August 2020)**

<p>Session 1</p> <p>Exercise/ Game based skills</p> <p>Key Questions:</p> <p>Parents</p> <p>1: What sports do you have to have good balance?</p> <p>SLIDE</p>	<p>Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=14ou-fplEi4 <i>The Body Coach TV:</i></p> <p>WILF: <i>I am looking for students to learn to balance.</i> WATCH THIS VIDEO image screen shot</p> <p>Watch My Challenge Video for some balance activities. <i>It will be on Foundation, Grade 1 and 2 Specialist Class Dojo Page.</i></p>
<p>Session 2</p> <p>Yoga</p> <p>Key Questions:</p> <p>Parents</p> <p>What YOGA pose is easy for you?</p>	<p>Warm Up FIRST: WATCH THIS VIDEO https://www.youtube.com/watch?v=14ou-fplEi4 <i>The Body Coach TV:</i></p> <p>WILF: <i>I am looking for students to concentrate on their breathing during YOGA.</i> WATCH THIS VIDEO: https://www.youtube.com/watch?v=QM8NjfCfOg0</p>
<p>Session 3</p> <p>Gymnastic</p> <p>Key Questions:</p> <p>Parents</p> <p>What gymnastic shape is hard for you to do?</p> <p>SLIDES</p>	<p>Warm up FIRST. WILF: <i>I am looking for students to learn some basic gymnastic shapes.</i></p> <p>WATCH THIS VIDEO: https://www.youtube.com/watch?v=r0nheZr44TA</p> <p>Dear parents,</p> <p>Parents in grade 1&2 make sure you take a photo or mini video of your child, practicing some gymnastic moves. Upload the photo or video onto the Class Dojo Folder that I will create for Grade 1 and 2 Class Dojo. I will comment, like and give each the child Dojo points.</p> <p>Regards Mr. Herrera</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=zPZmD3x4_Nc

Have fun and try your best!!

Option 3: 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 Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



#StayHomeStayActive

Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold

45 points



Achieve Silver

30 points



Achieve Bronze

15 points



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Have fun with these mini activities!