

## 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 7 Term 3 (24<sup>th</sup> - 18<sup>th</sup> August 2020)**

<p><b>Session 1 Exercise</b></p> <p><b>Key Questions:</b></p> <p>Parents</p> <p>1: Which animal is the fastest in world?</p>	<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></p> <p><a href="https://www.youtube.com/watch?v=pLuM18p9zbM">https://www.youtube.com/watch?v=pLuM18p9zbM</a></p> <p><i>The Body Coach TV:</i></p> <p>Active 8 Min Workout</p> <p><b>WILF:</b> <i>I am looking for students to learn to sprint.</i></p> <p><b>Focus: Sprinting Pump your arms and lift your knees high.</b></p> <p><b>WATCH THIS VIDEO</b></p> <p><i>Sprint, zig zag sprint, y-sprint and t-sprint.</i></p> <p><b>MY VIDEO:</b></p>
<p><b>Session 2</b></p> <p><b>Yoga</b></p> <p><b>Key Questions:</b></p> <p>Parents</p> <p>1: Which yoga pose was easy for you to do?</p>	<p>Warm Up FIRST:</p> <p><b>WATCH THIS VIDEO</b></p> <p><a href="https://www.youtube.com/watch?v=pLuM18p9zbM">https://www.youtube.com/watch?v=pLuM18p9zbM</a></p> <p><i>The Body Coach TV:</i></p> <p>Active 8 Min Workout</p> <p><b>WILF:</b> <i>I am looking for students to concentrate on their balance.</i></p> <p><b>WATCH THIS VIDEO:</b></p> <p><a href="https://www.youtube.com/watch?v=QhCtYT8Axmg">https://www.youtube.com/watch?v=QhCtYT8Axmg</a></p> <p><i>Cosmic Kids Yoga: Funny Monkey Time: 59:03</i></p> <p><i>Only watch 15 to 20 minutes.</i></p>
<p><b>Session 3</b></p> <p><b>Gymnastic</b></p> <p><b>Key Questions:</b></p> <p>Parents</p> <p>1: Which part of this video did you find easy?</p>	<p>Warm up FIRST.</p> <p><b>WILF:</b> <i>I am looking for students to learn some basic gymnastic shapes.</i></p> <p><b>WATCH THIS VIDEO:</b></p> <p><a href="https://www.youtube.com/watch?v=6TbsmBBA6YM">https://www.youtube.com/watch?v=6TbsmBBA6YM</a></p> <p>Flair Gymnastics &amp; Dance Time (23:28)</p> <p>Hey students and parents in Preps and Grade 1&amp;2,</p> <p>1: Take a picture or mini video (10-20 seconds) of your child trying some gymnastic shapes or yoga or exercising with PE with Joe (It could be from the previous weeks P.E sessions)</p> <p>2: Upload the photo or video onto their Class Dojo portfolio.</p> <p>3: I will comment and like the video or photo.</p> <p>Parents, please don't hesitate to contact me for any help or support on <a href="mailto:heribert.herrera@hestalbanssth.catholic.edu.au">heribert.herrera@hestalbanssth.catholic.edu.au</a></p> <p>Stay Safe</p> <p>Mr. Herrera PE Teacher</p>

## Optional Activities:

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

## Option 2: 60 Second Physical Activity Challenges

	<h3>60 Second Challenge</h3> <h4>Bunny Jumps</h4> <p>Can you keep going even when you are tired?</p> <p><b>The Physical Challenge</b></p> <p>How many bunny jumps over a bench or stool can you complete in 60 seconds?</p> <p>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.</p>  <p><b>#StayHomeStayActive</b></p> <p><b>Equipment</b></p> <p>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.</p> <p><b>Achieve Gold</b> 80 Bunny Jumps</p> <p><b>Achieve Silver</b> 60 Bunny Jumps</p> <p><b>Achieve Bronze</b> 40 Bunny Jumps</p> <p>Complete P.E.  YOUTH SPORT TRUST  Believing in every child's future</p>	
	<h3>60 Second Challenge</h3> <h4>Skipping</h4> <p>Do you keep trying even when you want to give up?</p> <p><b>The Physical Challenge</b></p> <p>How many times can you skip in 60 seconds?</p> <p>Both feet must land over the rope for the skip to count.</p>  <p><b>#StayHomeStayActive</b></p> <p><b>Equipment</b></p> <p>Skipping rope</p> <p>If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!</p> <p><b>Achieve Gold</b> 70 skips</p> <p><b>Achieve Silver</b> 50 skips</p> <p><b>Achieve Bronze</b> 30 skips</p> <p>Complete P.E.  YOUTH SPORT TRUST  Believing in every child's future</p>	

Have fun with these mini activities!

