## Holy Eucharist PS Home Learning: Physical Education

Hi students and parents,

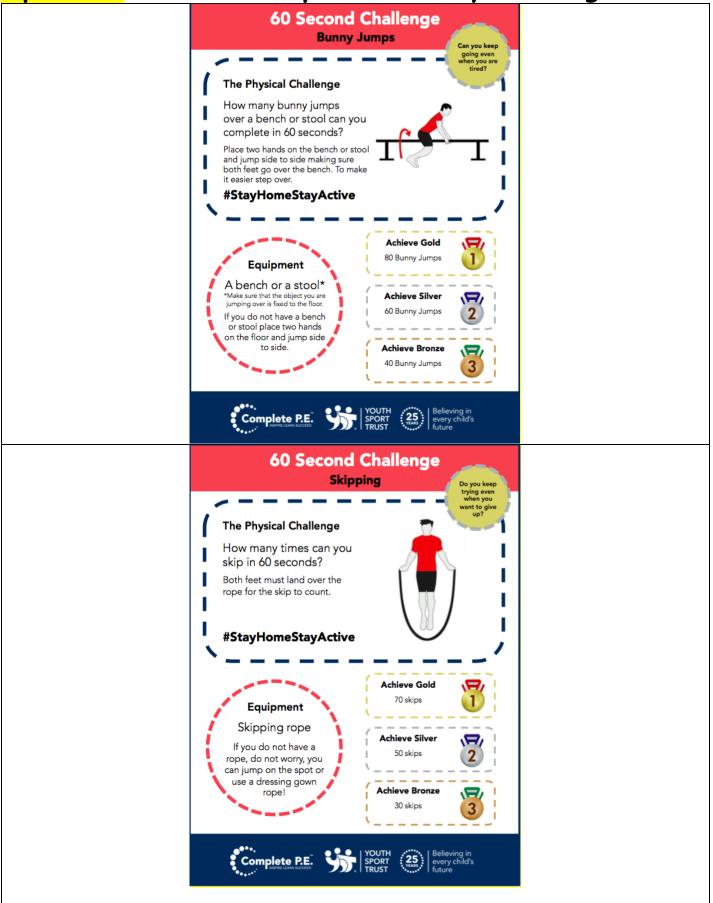
Students and Parents, please don't hesitate to contact me for any help or support on: heribert.herrera@hestalbanssth.catholic.edu.au

STAY SAFE :) Mr. Herrera PE Teacher

P-2 Activities	<mark>(MUST DO)</mark> Week 7 Term 3 (24th - 18th August 2020)
Session 1 Exercise	Warm Up FIRST: WILF: I am looking for students to warm up correctly.
Key Questions: Parents 1: Which animal is the fastest in world?	WATCH THIS VIDEO https://www.youtube.com/watch?v=pLuM18p9zbM The Body Coach TV: Active 8 Min Workout WILF: I am looking for students to learn to sprint. Focus: Sprinting Pump your arms and lift your knees high. WATCH THIS VIDEO Sprint, zig zag sprint, y-sprint and t-sprint. MY VIDEO:
Session 2 Yoga Key Questions: Parents 1: Which yoga pose was easy for you to do?	Warm Up FIRST: WATCH THIS VIDEO https://www.youtube.com/watch?v=pLuM18p9zbM The Body Coach TV: Active 8 Min Workout WILF: I am looking for students to concentrate on their balance. WATCH THIS VIDEO: https://www.youtube.com/watch?v=QhCtYT8Axmg Cosmic Kids Yoga: Funny Monkey Time: 59:03 Only watch 15 to 20 minutes.
Session 3 Gymnastic Key Questions: Parents 1: Which part of this video did you find easy?	<ul> <li>Warm up FIRST.</li> <li>WILF: I am looking for students to learn some basic gymnastic shapes.</li> <li>WATCH THIS VIDEO: https://www.youtube.com/watch?v=6TbsmBBA6YM</li> <li>Flair Gymnastics &amp; Dance Time (23:28)</li> <li>Hey students and parents in Preps and Grade 1&amp;2,</li> <li>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)</li> <li>2: Upload the photo or video onto their Class Dojo portfolio.</li> <li>3: I will comment and like the video or photo.</li> <li>Parents, please don't hesitate to contact me for any help or support on heribert.herrera@hestalbanssth.catholic.edu.au</li> <li>Stay Safe</li> <li>Mr. Herrera PE Teacher</li> </ul>

<mark>Optional Activities:</mark> Option 1: Walk/Run/Bike Ride/ Kick a ball with an adult or sibling.

## Option 2:60 Second Physical Activity Challenges



Have fun with these mini activities!