

# 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 9 Term 3 (7<sup>th</sup> - 11<sup>th</sup> August 2020)

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| <p><b>Monday</b><br/><b>PE Session 1</b><br/><b>Fitness Circuit Activities W9 T3</b></p>   | <p>Warm Up FIRST:<br/><b>WILF:</b> I am looking for students to warm up correctly.<br/><b>WATCH THIS VIDEO</b><br/><a href="https://www.youtube.com/watch?v=pnKCGY9ZocA&amp;list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k&amp;index=6">https://www.youtube.com/watch?v=pnKCGY9ZocA&amp;list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k&amp;index=6</a></p> <p><b>WILF:</b> I am looking for students to work whole body strength.<br/><b>Focus:</b> Core, Flexibility and Balance, stamina, leg and arm strength and whole body strength.<br/><b>WATCH THIS VIDEO</b><br/><a href="https://www.youtube.com/watch?v=pImrFWw0Fwx&amp;feature=emb_logo">https://www.youtube.com/watch?v=pImrFWw0Fwx&amp;feature=emb_logo</a></p> <p><b>Key Questions:</b><br/>1: Which of these exercises did you find easy? Why?<br/>2: Which of these exercises did you find hard? Why?</p> |
| <p><b>Wednesday</b><br/><b>y PE Session 2</b><br/><b>YOGA W9 T3</b><br/><b>Google Meet today at 2:30 pm click on this Link - -&gt; (Insert Meet Link Here)</b></p> | <p><b>WILF:</b> I am looking for students to learn some basic YOGA poses.<br/><b>Focus:</b> Breathing and balance<br/><b>WATCH THIS VIDEO:</b><br/><a href="https://www.youtube.com/watch?v=9Hgp165NTG0&amp;list=PL8snGkhBF7ni57ZcgQ5J-ZH_hqw4u8nBS&amp;index=16">https://www.youtube.com/watch?v=9Hgp165NTG0&amp;list=PL8snGkhBF7ni57ZcgQ5J-ZH_hqw4u8nBS&amp;index=16</a></p> <p><b>Key Questions:</b><br/>1: How does yoga make you feel after you are finish? Why?<br/>2: Why is it important to breath during Yoga? Why?</p>   |
| <p><b>Thursday</b><br/><b>PE Session 3</b><br/><b>Fitness W9 T3</b><br/><b>Google Meet today at 1:30 pm click on this Link - -&gt; (Insert Meet Link Here)</b></p> | <p><b>WILF:</b> I am looking for students to focus on their breathing during their workout.<br/><b>Focus:</b> Technique<br/><b>WATCH THIS VIDEO</b><br/><a href="https://www.youtube.com/watch?v=nMpSKmcdXBI&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9FO&amp;index=25">https://www.youtube.com/watch?v=nMpSKmcdXBI&amp;list=PLyCLoPd4VxBsXs1WmPceKtsQyFbXTf9FO&amp;index=25</a></p> <p><b>Key Questions:</b><br/>1: Which exercise did you find hard or easy? Why?<br/>2: How do you feel after exercising? Why?</p>   |

