

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

<b>Session 1</b> <b>Fitness</b> <b>Circuit</b> <b>Activities</b> <b>W9 T3</b>	<p>Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i></p> <p><b>WATCH THIS VIDEO</b> <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> <i>The Body Coach TV:</i></p> <p><b>WILF:</b> <i>I am looking for students to move quickly over short distance.</i> <b>Focus:</b> <i>2 feet in and out/4 step in &amp; out/ wide and narrow</i></p> <p><b>WATCH THIS VIDEO</b> <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: Parents:</b> <b>1: Which exercise did you find easy?</b></p>
<b>Session 2</b> <b>Yoga</b> <b>W9 T3</b>	<p>Warm Up FIRST: <b>WATCH THIS VIDEO</b> <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> <i>The Body Coach TV:</i></p> <p><b>WILF:</b> <i>I am looking for students to learn some basic YOGA poses.</i> <b>WATCH THIS VIDEO:</b> <a href="https://www.youtube.com/watch?v=wVhHPtrSGE&amp;list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&amp;index=5">https://www.youtube.com/watch?v=wVhHPtrSGE&amp;list=PL8snGkhBF7njTT4a7uqDiUB1qPBI4ZOBL&amp;index=5</a></p> <p><b>Key Questions: Parents:</b> <b>1: Which Yoga pose did you like the most?</b></p>
<b>Session 3</b> <b>Gymnastic</b> <b>c</b> <b>W9 T3</b>	<p>Warm Up FIRST: <b>WILF:</b> <i>I am looking for students to learn some basic gymnastic shapes.</i></p> <p><b>WATCH THIS VIDEO:</b> <a href="https://www.youtube.com/watch?v=ZrUu80mW89g">https://www.youtube.com/watch?v=ZrUu80mW89g</a></p> <p><b>Key Questions: Parents:</b> <b>1: Which gymnastic shape did you find easy to do?</b></p>

### Optional Activities:

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

**Have fun and try your best!!**

# Option 2: 60 Second Physical Activity Challenges

## 60 Second Challenge

### Speed Bounce

Are you honest?  
Only count the jumps that are completed properly.

**The Physical Challenge**

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.

#StayHomeStayActive



**Equipment**

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold  
80 Bounces

Achieve Silver  
60 Bounces

Achieve Bronze  
40 Bounces




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## 60 Second Challenge

### Squat Jumps

Can you be honest when counting your score?

**The Physical Challenge**

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive



**Equipment**

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold  
30 Squat Jumps

Achieve Silver  
20 Squat Jumps

Achieve Bronze  
10 Squat Jumps




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Have fun with these mini activities!