

## 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](mailto:heribert.herrera@hestalbanssth.catholic.edu.au)

STAY SAFE :) Mr. Herrera PE Teacher

### 3-4 Activities (MUST DO) Week 1 Term 4 (5<sup>th</sup> - 9<sup>th</sup> October 2020)

<b>(MUST DO)</b> <b>Session 1</b> Basketball drills	<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=5MBEyOIlrfo">https://www.youtube.com/watch?v=5MBEyOIlrfo</a> <i>The Body Coach TV:</i></p> <p>WILF: <i>I am looking for students to some basic ball handling skills.</i></p> <p><b>WATCH THIS VIDEO</b> <i>Dribble Balance Drills:</i> <a href="https://www.youtube.com/watch?v=dMdBt2SfwHc&amp;t=64s">https://www.youtube.com/watch?v=dMdBt2SfwHc&amp;t=64s</a> <i>Dribble Balance and Push Drill.</i> <a href="https://www.youtube.com/watch?v=I768xjquFzk">https://www.youtube.com/watch?v=I768xjquFzk</a></p> <p><b>Key Questions:</b> 1: <i>Why is balancing important in basketball?</i> 2: <i>Why is ball handling skills important in basketball?</i></p>
<b>Optional Sessions</b>	<p><b>YOGA:</b> Cosmic Kids Yoga) <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p> <p><b>BASKETBALL:</b> (jr.NBA) <a href="https://www.youtube.com/channel/UCuA7P9O4_YEJHa6epPnWAbg">https://www.youtube.com/channel/UCuA7P9O4_YEJHa6epPnWAbg</a> This channel has ball handling/ shooting/passing/ offense/defense/ rebounding drills.</p> <p><b>FITNESS:</b> Fitness and workout videos for whole family. <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></p>

### Physical Education GOOGLE MEETS:

Grade 3:

3L/B Tuesday AT 2:30 PM 6/10/20

3TN Wednesday AT 9:40 AM 7/10/20

3NL Wednesday AT 12:00 PM 7/10/20

W1 T4 Google Meet today at 2:30 pm click on this Link --> (Insert Meet Link Here)

Grade 4: 5/10/20

W1 T4 Google Meet today at 12:20 pm click on this Link --> (Insert Meet Link Here)

