

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

5-6 Activities (MUST DO) Week 1 Term 4 (5th - 9th October 2020)

(MUST DO) Session 1	<p>Warm Up FIRST: WILF: <i>I am looking for students to warm up correctly.</i></p> <p>WATCH THIS VIDEO https://www.youtube.com/watch?v=d3LPrhI0v-w&t=6s</p> <p>WILF: <i>I am looking for students to focus on their breathing during their workout.</i></p> <p>WATCH THIS VIDEO <i>Centr App Video</i> https://centr.com/join-us (ONLY Mr. Herrera can login)</p> <p>Key Questions: 1: Which exercise did you find easy? Why? 2: Which exercise did you find hard? Why?</p>
Optional Sessions	<p>YOGA: Cosmic Kids Yoga) https://www.youtube.com/user/CosmicKidsYoga</p> <p>BASKETBALL: (jr.NBA) https://www.youtube.com/channel/UCuA7P9O4_YEJHa6epPnWAbg This channel has ball handling/ shooting/passing/ offense/defense/ rebounding drills.</p> <p>FITNESS: Fitness and workout videos for whole family. https://www.youtube.com/user/thebodycoach1</p>

Physical Education GOOGLE MEETS

Grade 5: Wednesday 7/10/20

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

Grade 6: Thursday 8/10/20

W1 T4 Google Meet today at 1:30 pm click on this Link --> (Insert Meet Link Here)