

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 1 Term 4 (5th - 9th October 2020)

<p>(MUST DO) Session 1 Yoga</p>	<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=5MBEyOlrfo <i>The Body Coach TV:</i></p> <p>WILF: <i>I am looking for students to concentrate on their breathing during the yoga session.</i></p> <p>WATCH THIS VIDEO https://www.youtube.com/watch?v=Iv-bhkxhr8</p> <p>Key Questions: Parents <i>1: Which yoga pose did you find easy.</i></p>
<p>Optional Session</p>	<p>YOGA: Cosmic Kids Yoga) https://www.youtube.com/user/CosmicKidsYoga</p> <p>WARM UP (Mr Herrera You Tube Channel) https://www.youtube.com/feed/my_videos</p> <p>BASKETBALL (jr.NBA) https://www.youtube.com/channel/UCuA7P9O4_YEJHa6epPnWAbg This channel has ball handling/ shooting/passing/ offense/defence/ rebounding drills.</p>

60 SECOND CHALLENGE:

60 Second Challenge


Catch and Clap

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



Which skills do you think will be key to succeed?


Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps




Achieve Silver


25 catch and claps





Achieve Bronze

15 catch and claps









Believing in every child's future