



HOLY EUCHARIST SCHOOL

1A Oleander Drive St Albans South

Ph: 8312-0900



Term 3 Week 2 Grade 3 & 6 Physical Education Remote Learning

Hello 3 to 6 students,

Here are WEEK 2 activities, students can access the websites using a device. Some activities require sports equipment, use something from around the house that would do the same job as the sports equipment. You need a small space to do most of these activities, if you have outdoor space then use that.

STUDENTS:

If you don't have access to a digital device or internet, go for a bike ride, walk, little jog, kick to kick with siblings or adults (if weather permits).



No Google Meets on Monday or Tuesday, but please get outside and get active.

Reminder:

Tokyo 2020 Olympics Start next Friday 23rd of July on Channel Seven.

Students:

Watch some of the fun Olympic activities that will take place that might inspire you to get into local community sports.

Keep moving, drink plenty of water and stay active.

Students and Parents, please don't hesitate to contact me for any help or support on:

heribert.herrera@hestalbandsstc.catholic.edu.au

Stay Safe and take care of your family.

Mr. Herrera Physical Education Teacher.

Warm-Up 5 Minutes	Make sure you warm up before the main activity. Watch the following YouTube Video if you don't have access to a
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Equipment:

- Water Bottle
- Yoga mat (if you have one)
- Space to exercise

device.**Try these warm up activities:**

Run on spot for 30 seconds,
Star jumps x 10,
Frog jumps x 10,
Squats for 20 seconds.
High knees for 30 seconds,

Warm Up Video:

YouTube Link: ['5 Alive' Kids Workout | The Froggy Coach | The Body Coach TV](#)

**Activity or Skill**

10-15 Minutes

Fitness Work-out**Learning Intention:**

I'm learning to build my strength and endurance.

Give this activity a go it will push you, but do what you can, Be Confident. :)

YouTube Link: [Train with India | 20 min Beginners HIIT with Joe](#)

**Warm-Down**

5-10 Minutes

Stretching is important

Warm down for 5 to 10 minutes:

YouTube Link: [Stretch and Warm Down](#)

to help us recover and cool down our body.

