



HOLY EUCHARIST SCHOOL

1A Oleander Drive St Albans South

Ph: 8312-0900



Week 2 Prep, 1 & 2 Physical Education Remote Learning

Hello Prep, Grade 1 and 2 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.

PARENTS:

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).



DON'T UPLOAD ANY photos on Class Dojo.

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

Parents allow the children to watch some of the fun Olympic activities that will take place that might inspire them 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@hestalbanssth.catholic.edu.au

Stay Safe and take care.

Mr. Herrera Physical Education Teacher.

Warm-Up 5 Minutes I'm learning to warm-up correctly. Equipment: <ul style="list-style-type: none">• Water Bottle• Yoga mat (if you have one)• Space to	Make sure you warm up before the main activity. Watch the following YouTube Video if you don't have access to a device. Try these warm up activities: Run on spot for 30 seconds, Star jumps x 10, Frog jumps x 10, Squats for 20 seconds.
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<p>exercise</p>	<p>High knees for 30 seconds,</p> <p>Warm Up Video: YouTube Link The 'PRINCESS JASMINE' Aladdin Workout Time: 3:41</p> <p>Have fun with this warm video with Princess Jasmine workout:</p> 
<p>Activity or Skill Hand and Eye coordination.</p> <p>Learning Intention:</p> <ul style="list-style-type: none"> • I'm learning to look with my eyes and catch with my hands. • I'm learning to throw towards the target. 	<p>BEAN BAG THROW:</p> <p>Find socks to throw into a hula hoop(optional) or use some towels to make a circle or cardboard box. Challenge: How many times can you throw a sock into a hoop or box or circle in 60 seconds.</p> 

Sock in the box: Find some socks or soft-toys or bounce balls. Use an empty cardboard box or toy box. Challenge: How many socks can you pair up and put in the box in 60 seconds?

60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.

#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks

Achieve Silver

15 pairs of socks

Achieve Bronze

10 pairs of socks

Complete P.E.

YOUTH SPORT TRUST

25 YEARS

Believing in every child's future

Tap Up Tennis or Sock using racquet or hand. Find a tennis ball or sock. How many times can you tap up a tennis ball or sock on a racquet or hand in 60 seconds?

	<div data-bbox="532 142 1128 947"> <h2>60 Second Challenge</h2> <h3>Tap Up Tennis</h3> <p>Do you ask for help if you find it hard?</p> <p>The Physical Challenge</p> <p>How many times can you tap up a tennis ball on a racket in 60 seconds?</p> <p>If the ball touches the floor, time continues but your score freezes until you start tapping again!</p> <p>#StayHomeStayActive</p> <p>Equipment</p> <p>A tennis racket and a ball</p> <p>If you do not have a racket and ball, use a frying pan and a pair of socks!</p> <p>Achieve Gold 60 Tap Ups</p> <p>Achieve Silver 45 Tap Ups</p> <p>Achieve Bronze 30 Tap Ups</p> <p>Complete P.E. YOUNG LEARN JOULES</p> <p>YOUTH SPORT TRUST</p> <p>25 YEARS</p> <p>Believing in every child's future</p> </div>
<p>Warm-Down</p> <p>Stretching is important to help us recover and cool down our body.</p>	<p>Warm down for 5 to 10 minutes:</p> <p>Make sure you stretch!!</p> <p>Warm Down Video</p> <p>DO AS MANY REPETITIONS WITHIN THE GIVEN TIME</p> <p>TIMER:</p> <p>29</p> <p>WALK IN PLACE SWINGING YOUR ARMS IN FRONT</p> 

Mr.Herrera
Physical Education Teacher

