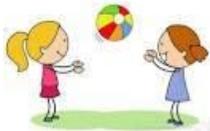


Physical Education Matrix

Grade 4, 5 and 6

This Physical Education Matrix will provide you with ideas to help you achieve a minimum of 30 minutes physical activity every day. Huffing & puffing on a daily basis is good for our health & wellbeing! The '**Jump Rope Skills**' activities and '**Physical Activity Diary**' are both compulsory pieces of work that **must be completed by the end of week 4**. All other activities are to help you achieve your 30 minutes of physical exercise if needed. Links to websites are provided here for your convenience by clicking on the highlighted text in blue.

Huff & Puff activities that you can do at home without a plan	Ride a Bike 	Trampoline 	Hoola 	Ball Play 	Skipping 	Ride your Scooter 
<p><u>Jump Rope Skills</u></p> <p>Watch the video How to Jump Rope the Right Way and learn the success criteria to become a good jump rope skipper (located on Google Classroom in the PE Topic).</p> <p>When jumping the rope consistently with good rhythm and balance, watch the video Basic Jump Rope Skills & Tricks and learn to perform different tricks using different landing patterns. Practise each trick and record your PB for each trick using My Jump Rope Trick Personal Bests (on Google Classroom).</p> <p>To further challenge yourself, watch the video 20 Jump Rope Tricks every Beginner should Learn. Choose the trick's you like most and record your PB for these using My Jump Rope Trick Personal Bests.</p>	<p><u>Physical Activity Diary</u> (to be completed every day)</p> <p>In your diary (located on Google Classroom), record the physical activity you complete each day (type of activity, intensity & duration).</p>	<p><u>PE With Joe</u></p> <p>Complete the 30min daily workout as a family, or on your own.</p> <p>Joe completes a new workout each day, so check back in tomorrow!</p>	<p><u>Endurance Fitness</u></p> <p>Do something active for 10 or more minutes and gradually lengthen this over the weeks to 15, 20 or 30 minutes. Running, skipping and riding are good activities for this.</p>	<p><u>Just Dance</u> Choose one or two to watch & rehearse.</p> <p>Rhythm of the Night Finesse Airplanes Dynamite</p>	<p><u>Fundamental Motor Skills</u> Complete the challenges provided on each video.</p> <ul style="list-style-type: none"> * Throwing * Catching * Kicking * Dribbling 	
	<p><u>Yoga</u></p> <p>Foster harmony in the mind, body and environment when you participate in Yoga For Beginners. Learn to switch off & relax!</p>	<p><u>Born to Move Dance Exercises</u></p> <p>I Feel Alive Party Track Martial Arts Moves Virion Don't Let me Down</p>	<p><u>Get Creative</u></p> <p>Create a new sport or game using a small, but adequate area at home. Create game rules to keep your game safe & fair. Think about game rules & equipment that will make your game work in a smaller space. You might need to replace heavy or large pieces of equipment with things you wouldn't normally use, such as balloons or rolled up socks.</p>	<p><u>Exercise with dice</u> Roll a dice, with each number equating to an exercise:</p> <ol style="list-style-type: none"> <u>1</u>- Sit ups <u>2</u>- push ups (on knees) <u>3</u>- squats <u>4</u>- star jumps <u>5</u>- running on the spot <u>6</u>- lunges 		