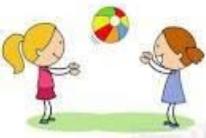


# Physical Education Matrix

## Grade 2 and 3

This Physical Education Matrix will provide your family with ideas to achieve a minimum of 30 minutes physical activity every day. Huffing & puffing on a daily basis is good for our health & wellbeing! Please assist your child to select the activities that they enjoy the most, so that they will look forward to completing their daily physical activity. Healthy, active lifestyles are largely built upon daily participation in physical activity from a young age. Regular huffing & puffing is good for us! Links to videos are provided here for your convenience.

Huff & Puff activities that you can do at home without a plan	Ride a Bike 	Trampoline 	Hoola 	Ball Play 	Skipping 	Ride your Scooter 
<p><b>Skipping</b></p> <p>Use the skipping rope provided in your care pack to complete the following activities.</p> <p>Watch the video <a href="#">How to Jump Rope the Right Way</a> and learn the basic skills required for skipping.</p> <p>When skipping consistently and with good rhythm and balance, watch the video <a href="#">Basic Jump Rope Skills &amp; Tricks</a> and learn to perform different tricks using different landing patterns.</p> <p>Once you've got the hang of using your skipping rope, challenge yourself to see how many skips you can do in a row.</p>	<p><b>Throwing</b></p> <p>Continue to practice your throwing skills. You can work on both underarm and overarm throwing, aiming at a target. Give yourself a challenge by moving further away from your target, every time you hit it/get it in.</p> <p><b>Catching</b></p> <p>Continue to practice your catching. Make things more challenging this week, by seeing how many times you can clap your hands, between throwing your ball into the air and catching it.</p>	<p><b>Dance</b></p> <p>Complete Part 1 of the <a href="#">Warm Up Dance to the song Better When I'm Dancin' by Meghan Trainor</a> with Mr Johns.</p> <p>This dance is quite tricky!</p>	<p><b>PE With Joe</b></p> <p><a href="#">5min Move Workouts</a> as a family, or by yourself. Try to do each exercise the same way that Joe does them!</p> <p><b>Challenge</b></p> <p>If you're up for a challenge, try to complete 2 5 min workouts in a row!</p>	<p><b>Creative Physical Activity</b></p> <p>Get creative with your physical activity!</p> <p>You could build an obstacle course, make up your own workout, or create a brand new game to play with a parent or sibling.</p> <p><b>Just ask your parents permission first!</b></p>		
					<p><b>Yoga</b></p> <p>Watch the video <a href="#">Popcorn and the Pirates Cosmic Yoga</a> and copy the moves the instructor performs.</p>	<p><b>Just Dance: Airplanes</b></p> <p>Complete the dance video with a member of your family.</p>