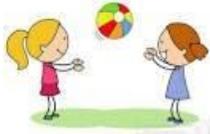


Physical Education Matrix

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>Catching Using the tennis ball you were given in your care pack, practice some self throwing and catching. Start off with small throws, and then try to throw it higher.</p> <p>Challenge</p> <ul style="list-style-type: none"> If you are able, throw and catch with a partner and aim for their chest. Try to give your partner some challenging catches by throwing the ball low or above the head, or slightly to one side of their body. 	<p>Throwing Using the tennis ball you were given in your care pack, practice your underarm and overarm throwing.</p> <p>Try throwing at different targets (cricket stumps, a wheelie bin etc)</p> <p>Challenge See how many times you can hit the target in 1 minute!</p>		<p>Dance Complete the Warm up Dance video with Mr Johns.</p> <p>Once you've completed the warm up, follow on with the What Makes a Dance Interesting? video. You'll learn about how to create different movements</p>	<p>PE With Joe 5min Move Workouts as a family, or by yourself. Try to do each exercise the same way that Joe does them!</p> <p>Challenge If you're up for a challenge, try to complete 2 5 min workouts in a row!</p>	<p>Complete the Zumba dance workout. This is a more challenging set of dance moves for children.</p> <p>Zumba Kids Electronic Dance- Minions</p>	
<ul style="list-style-type: none"> If you don't have a partner, you can practise throwing and catching against a wall outside. Ask your parents where this would be appropriate. 	<p>Yoga Watch the video Trolls Cosmic Yoga and copy the moves the instructor performs</p>	<p>Just Dance: That Power Complete the dance video with a member of your family.</p>	<p>Just Dance: What Makes You Beautiful Complete the dance video with a member of your family.</p>	<p>Walking Go for a 10-15 minute walk with an adult. Don't forget to take the dog if you have one.</p>	<p>Running Go for a run around the block with an adult. Time yourselves. See if you can beat your time tomorrow!</p>	