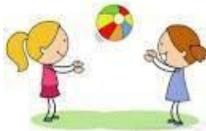


# Physical Education Matrix (weeks 5 & 6)

## 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 '**Frisbee Skills**' and the '**Physical Activity Diary**' need to be handed in **by the end of week 6**. All other activities are here 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><b><u>Frisbee Skills</u></b></p> <p><b>Week 5</b> Watch the video <a href="#">How to Throw a Frisbee for Beginners</a> and learn the 3 different ways to throw a Frisbee. Practice the success criteria demonstrated to master each of these throws. When you have them mastered, then work on developing your accuracy for each.</p> <p><b>Week 6</b> Watch the video <a href="#">How to Catch a Frisbee for Beginners</a> and learn the different ways to catch a Frisbee and when you should use each of these catches. Ask a family member with some spare time to help you practice the success criteria demonstrated for each of the catches. If you can't find a practice partner, keep practising your throws and we can practice this with you when we return to school.</p>	<p><b><u>Physical Activity Diary</u></b> (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 &amp; duration).</p>	<p><b><u>PE With Joe</u></b> 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><b><u>Endurance Fitness</u></b> 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><b><u>Just Dance</u></b> Choose one or two to watch &amp; rehearse. <a href="#">Move Your Feet</a> <a href="#">Firework</a> <a href="#">Kung Fu Fighting</a> <a href="#">Shake it Off</a> <a href="#">Pump Up the Jam</a></p>	<p><b><u>Fundamental Motor Skills</u></b> Complete the challenges provided on each video. * <a href="#">Throwing</a> * <a href="#">Catching</a> * <a href="#">Kicking</a> * <a href="#">Dribbling</a></p>	
	<p><b><u>Relaxing Music</u></b> Learn to switch off &amp; relax. Listen to relaxing <a href="#">rainforest music</a> with birds and water sounds. Great for helping you sleep.</p>	<p><b><u>Music Express Magazine</u></b>  <a href="#">Happy</a> <a href="#">Can't Stop this Feeling</a> <a href="#">Jailhouse Rock</a> <a href="#">La Bamba</a></p>	<p><b><u>Jump Rope Skills</u></b> Continue to develop your jump rope skills. If you find that the 'basic jump' is still a challenge, keep working on developing success criteria outlined in the video <a href="#">How to Jump Rope the Right Way</a>. If you are skipping with a continuous rhythm, work on developing some tricks by watching <a href="#">20 Jump Rope Tricks every Beginner should Learn</a></p>	<p><b><u>Exercise with dice</u></b> Roll a dice, with each number equating to an exercise: <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</p>		