

Health And Physical Education Lesson Matrix (P-2)

Students should aim to complete at least 1 activity per day (some activities can be completed multiple times)

<p>As a whole family, follow the exercises shown in this 13 minute Family Workout Video.</p> <p>*** Ensure you complete the exercises properly to avoid injury!</p>	<p>Watch the video Frozen-Cosmic Yoga For Kids and copy the moves the instructor performs.</p>	<p>Count, sing and exercise along with the video Let's Get Fit-Count to 100</p>	<p>Fundamental Motor Skills If you have access to sports equipment, practise your Fundamental Motor Skills:</p> <ul style="list-style-type: none"> - Underarm Throw - Overarm Throw - Catching - Kicking - Dribbling 	<p>Sport Specific Skills If you have access to sports equipment, practise the skills required to play a sport you enjoy. E.g:</p> <ul style="list-style-type: none"> - Shooting a basketball - Tennis forehand and backhand - Football Drop punt.
<p>Complete one of Joe's 5min Move Workouts as a family, or by yourself. Try to do each exercise the same way that Joe does them!</p> <p>Record which video you completed today, and do a different one tomorrow.</p>	<p>Just Dance- Gummy Bear</p> <p>Complete the Just Dance routine, following along with the video.</p>	<p>Exercise, Rhyme, Freeze Game-</p> <p>Exercise along with the video and play the Rhyme and Freeze game.</p>	<p>Walking Go for a 10-15 minute walk with an adult.</p>	<p>Running Go for around the block with an adult.</p> <p>*Re-complete the circuit every few days, trying to beat your time.</p>
<p>Physical Activity Diary (to be completed every day)</p> <p>With the help of a parent/guardian or older sibling, record the physical activity you complete each day (Type of activity and the amount of time).</p>	<p>Designing a Healthy Lunchbox</p> <p>On an A4 page, draw a picture showing what you would pack in a healthy Lunch Box. Colour and label your pictures.</p> <p>Extension</p>	<p>Designing a Healthy Dinner</p> <p>On an A4 page, draw a picture showing what you would have on a healthy dinner plate. Colour and label your pictures.</p> <p>Extension</p> <p>Discuss with an adult: How does your picture compare to</p>	<p>Exercise with dice</p> <p>Roll a dice, with each number equating to an exercise:</p> <p><u>1</u>- 10 sit ups <u>2</u>- 10 hops on each foot <u>3</u>- 30 seconds of running on the spot <u>4</u>- 20 star jumps <u>5</u>- 10 vertical jumps (reach as high as you can)</p>	<p>Good Hygiene</p> <p>Watch the video "How Germs Spread". It will teach you the 3 clean & healthy GERM knock-out rules to follow. Discuss these rules as a family.</p>

	Discuss with an adult: How does your picture compare to your normal school lunch?	tonight's dinner? Which is more nutritious?	<u>6-</u> skip around for 30 seconds	
<p><u>Movement Skills</u> Practice your “locomotor/travel skills”, including:</p> <ul style="list-style-type: none"> - Walking - Running - Jumping - Side stepping - Hopping - Skipping 	<p><u>Movement Skills- Extended</u> Instead of walking around the house, try using a different movement skill each time when moving between rooms.</p> <p>***Move Safely- Discuss with an adult where it is suitable to do these skills.</p>	<p><u>Balloon Tap Game</u> See how many times you can tap a balloon in the air without letting it touch the ground.</p> <p>*Re-complete the activity and try to beat your score!</p>	<p><u>Healthy and Unhealthy Food</u> Identify and list healthy foods in your fridge or pantry that you should be eating daily. Discuss with your parents why we should eat these foods everyday?</p> <p>Identify and list unhealthy foods in your fridge or pantry that should be eaten less often. Discuss with your parents why we should eat these foods occasionally?</p>	<p><u>Freeze Dance</u> Practise your locomotor/travel skills while watching the Freeze Dance video. Remember to do these properly the way our PE teacher taught us. Watch 'The 7 locomotor movements for sport' video to review these.</p> <p>Try doing 2 new locomotor skills - Galloping & leaping.</p>