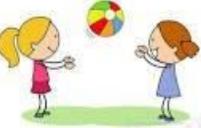


# Physical Education Matrix

## Prep and Grade 1

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>PE With Joe</b> Complete one of Joe's <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>Record which video you completed today, and do a different one tomorrow.</p>	<p><b>Yoga</b> Watch the video <a href="#">Trolls Cosmic Yoga</a> and copy the moves the instructor performs.</p>	<p><b>Dance</b> Complete the 'How To' video with Mr Johns, on <a href="#">Preparing to Dance</a>.</p> <p>After you've prepared to dance, practise some of the <a href="#">Movements Involved in Dance</a>.</p>	<p><b>Running</b> Go for a run around the block <b>with an adult</b>.</p> <p>*Re-complete the circuit every few days, trying to beat your time.</p>	<p><b>Throwing</b> Using the bean bag from your care pack, practice your <b>underarm throwing</b>.</p> <p>You can try throwing your bean bag into different sized containers (like a bucket or hoop).</p> <p><b>Challenge</b> Try throwing from further away. Each time you get the bean bag in the target, take a step back and try again.</p>		
<p>A more challenging set of dance moves for young children.</p> <p><a href="#">Zumba Kids Electronic Dance- Minions</a></p>	<p><a href="#">Just Dance: Five Little Monkeys</a></p> <p>Complete the dance video with a member of your family</p>	<p><b>Dance</b> Dance along with the instructor in the <a href="#">Can't Stop the Feeling Dance along Video</a>.</p>	<p><b>Walking</b> Go for a 10-15 minute walk with an adult. Don't forget to take the dog if you have one.</p>	<p><b>Catching</b> Practice some self throwing and catching (throw the bean bag into the air and try to catch it). Start off with small throws, and then try to throw it higher. Make sure you are working in a safe space before you start, so you don't break something or hurt yourself.</p> <p><b>Challenge</b></p> <ul style="list-style-type: none"> <li>• Try to throw and catch your bean bag without moving your feet.</li> <li>• Throw and catch with a partner, like an older sibling or parent.</li> </ul>		