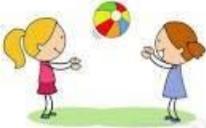


Physical Education Matrix

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>PE With Joe 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>Yoga Watch the video Minecraft Cosmic Kids Yoga Adventure and copy the moves the instructor performs.</p>	<p>Dance Follow along with the Dance and Drama Matters video where Mr Johns will teach you how to move different body parts.</p>	<p>Running Go for a run around the block with an adult.</p> <p>*Re-complete the circuit every few days, trying to beat your time.</p>	<p>Balloon Tapping Using a balloon in your new care pack, see how many times you can tap it up into the air without letting it touch the ground. Use both hands if you need to.</p> <p>Re-complete this activity and try to beat your score!</p> <p>Challenge</p> <ul style="list-style-type: none"> Count how many times you can tap the balloon without moving your feet Complete this activity with someone at home and work together to see what score you can get! <p>**Don't blow up the balloon too much! We don't want it to pop!</p>		
<p>Throwing Continue to practice your underarm throwing using your bean bag.</p> <p>Challenge yourself by throwing into different sized containers or by taking a step back.</p>	<p>Catching Continue to practice some self throwing and catching with your bean bag. Count how many catches you can make without it dropping on the ground.</p>	<p>Dance Complete the Just Dance routine, following along with the song "I Like to Move It."</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>Balloon Striking Using a balloon in your new care pack, measure how far you can strike it with your hand. Remember to stand side on when you strike the balloon.</p> <p>Re-complete this activity and try to beat your score!</p> <p>Challenge</p> <ul style="list-style-type: none"> Complete this activity with someone at home and see who can strike the balloon the furthest. <p>**Don't blow up the balloon too much! We don't want it to pop!</p>		

