

Health And Physical Education Lesson Matrix (3-6)

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>Read the Physical Activity and Sedentary Behaviour Guidelines for Children.</p> <p>Brainstorm how you could meet the recommendations for Physical Activity in the current climate.</p>	<p>Read the Physical Activity and Sedentary Behaviour Guidelines for Adults Fact Sheet brochure.</p> <p>Talk with a parent/guardian and see if they are meeting their Physical Activity requirements in a normal week.</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>Just Dance- Am I wrong</p> <p>Complete the Just Dance routine, following along with the video.</p>	<p>Just Dance- Waka Waka- This Time For Africa</p> <p>Complete the Just Dance routine, following along with the video.</p>	<p>PE With Joe</p> <p>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>Walking Go for a 2-3km walk with an adult.</p> <p>*Re-complete the circuit every few days, trying to beat your time.</p>	<p>Running Go for a 1-2km run 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>In your diary, record the physical activity you complete each day (Type of activity, Intensity, Duration).</p>	<p>Meal Planning</p> <p>Develop a healthy meal plan for an average day. Be specific about the foods you would eat for each meal.</p> <ul style="list-style-type: none"> - Breakfast - Lunch - Dinner - Snacks 	<p>Meal Planning Continued</p> <p>With the help of an adult, calculate the cost of buying all the food you would need to follow your meal plan.</p> <ul style="list-style-type: none"> - You may like to like to research the cost of products online. 	<p>Exercise with dice</p> <p>Roll a dice, with each number equating to an exercise:</p> <ul style="list-style-type: none"> 1- Sit ups 2- push ups (on knees) 3- squats 4- star jumps 5- running on the spot (x 10) 6- lunges 	<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. Write a procedure for washing your hands. Display it somewhere useful in your house to help prevent the spread of germs.</p>

			<p>Roll a second dice (10 sided if possible) to determine how many repetitions of each exercise you should perform.</p> <p>Continue rolling your dice and completing exercises until you reach 10mins Physical activity.</p> <p>*** Ensure you complete the exercises properly to avoid injury!</p>	
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HEALTH PROJECT- to be completed across a number of days

Produce a promotional poster that could be displayed around our school containing positive health and physical activity messages.

Your Poster must include the following:

- A catchy slogan that will get people moving! (e.g. Go For Your life!)
- Information about how much Physical Activity primary school aged students should be completing each day, including examples (e.g. football, basketball, netball, dance).
 - Tell people about the benefits of Physical Activity.
 - Include pictures or drawings.

*****Hint- Ensure you read the Physical Activity and Sedentary Behaviour Guidelines for Children before creating your poster**