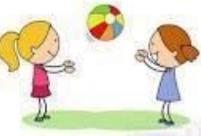


# Physical Education Matrix (weeks 7 & 8)

## Grade 3-6

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>Creative Play</u></b></p> <p><b>Week 7- Obstacle course creation</b> With help from your parents, create a fun and <b>SAFE</b> obstacle course using items/equipment from your home. Before creating your obstacle course, ask your parents which household items you are allowed to use. Once you have finished creating your obstacle course, give it a try, while timing yourself. Try to beat your time on your next attempt.</p> <p><b>Week 8- Creating a new game</b> Design a new game that you could play with your friends when we get back to school. When coming up with an idea, think about the games/sports that you enjoy playing, and borrow some elements from them. Keep the rules simple, so that you could explain the game succinctly, without confusing the participants. Record your game. If someone comes up with something great, we might play it when we return to school!</p>	<p><b><u>Physical Activity Diary</u></b> <b>(Grade 5/6 only)</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></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><b><u>Endurance Fitness</u></b></p> <p>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>Dance with Mr Johns</u></b></p> <p>Learn the dance moves to <b><u>Part 1</u></b> of the song Break My Heart by Dua Lipa. Practice this part of the dance a few times.</p> <p>If you're feeling confident, learn the moves to <b><u>Part 2</u></b> so that you can dance to the whole song.</p>	<p><b><u>Sport Specific Skills</u></b></p> <p>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"> <li>- Shooting a basketball</li> <li>- Tennis forehand and backhand</li> <li>- Football Drop punt.</li> </ul>	
	<p><b><u>Relaxing Music</u></b></p> <p>Learn to switch off &amp; relax. Listen to the relaxing sounds of a <b><u>Storm in a Rainforest</u></b>. Great for helping you calm down or sleep.</p>	<p><b><u>Frisbee</u></b></p> <p>Continue to practice your frisbee throwing and catching skills with a parent or sibling.</p>	<p><b><u>Jump Rope Skills</u></b></p> <p>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 <b><u>How to Jump Rope the Right Way</u></b>. If you are skipping with a continuous rhythm, work on developing some tricks by watching <b><u>20 Jump Rope Tricks every Beginner should Learn</u></b></p>	<p><b><u>PE at Home</u></b></p> <p>Try a PB time challenge, or challenge a family member when participating in these fitness games.</p> <p><b><u>Move Up Bowling</u></b> <b><u>Toy Towel Relay</u></b> <b><u>Overhand Sock Ball</u></b> <b><u>Sock Shot Sit-Ups</u></b></p>		