

“Inspiring our communities to live Healthy and Active Lifestyles”

www.sportauckland.co.nz

Your Health and PE for this week is to:

1. Choose at least 2 activities to complete from each of the 3 categories. Strive to do something every day.
2. Once you complete each activity answer the question at the bottom.
3. At the end of the week complete the reflection questions.
4. Send back to _____ (teachers email) by *Friday at 3.00pm*

	Challenge Yourself	Get Creative	Get Physical
<p>Complete at least 2 activities from each category:</p> <ol style="list-style-type: none"> 1. Challenge yourself 2. Get creative 3. Get physical 	<p>Trick shot challenge Make up a dude perfect trick shot. Use any equipment you can find around your house. eg: large or small ball. Take a video (optional) and share with family and friends. Dude perfect</p> <p>Question: What changes did you need to make to succeed?</p>	<p>Obstacle course Invent an obstacle course for yourself and your family. Either inside or outside and complete it. Tip: include under, over, around, jump and through objects Here’s some inspiration</p> <p>Question: What did you learn from this process? What would you do next time?</p>	<p>Bike ride Go for a local bike ride on your own or with family. Question: How did you keep yourself and others safe on your ride?</p>
<p>Note: Strive to do something EVERY DAY</p>	<p>Do 10 minutes of the following: Meditating Yoga Pilates Cosmic kids yoga Cosmic kids zen den mindfulness</p> <p>Question: How did these activities make you feel?</p>	<p>The floor is Lava! Create a course inside and outside your house using everyday objects. You <u>can’t</u> stand on the ground. Challenge others in your house to a time trial. Be safe!</p> <p>Question: What physical skills did you need to use to get around the course?</p>	<p>Complete a Les Mills Born to Move workout. https://www.tvnz.co.nz/shows/les-mills-born-to-move</p> <p>These sessions are also on TV2 + 1 at 4pm each week day.</p> <p>Question: Are workouts better with music or without music? Why?</p>

	<p>Sock Basketball Ball up a few pairs of socks, get a laundry basket and take turns challenging members of your house.</p> <p>Tip: to make it harder try a small basket or move further away</p> <p>Question: What other household items could you use to play this game?</p>	<p>Indoor Croquet Using a small ball and some sort of stick, create an indoor croquet course. Indoor Croquet</p> <p>If you don't have a small ball swap out for a tightly rolled up piece of paper</p> <p>Question: How could you change it to make it harder for older members of your household or easier for younger members?</p>	<p>Home Olympics #1 With members of your house (or against yourself) set up a series of Olympic events to compete in.</p> <ul style="list-style-type: none"> - egg and spoon or hopping race - 'keep it up' with a toilet roll of rolled up sock. most wins - sock shot: with a rolled up sock choose target to throw at. farthest away wins. <p>Question: Is there a difference when you are competing against a family member and when you are just challenging yourself? If so, what? and which do you prefer?</p>
	<p>Impossible challenge #1</p> <p>Try this challenge then answer the question. While standing, bend over and touch your toes with your hands while keeping your knees slightly bent. Try jumping backwards now try jumping forward.</p> <p>Question: What made doing this activity hard?</p>	<p>SoftToy bowling</p> <p>Find a long space like a hallway as a bowling alley. Find 10 objects (not breakable) as pins. Set them up in a triangle. Use a soft toy as a bowling ball and play! Challenge members of your household?</p> <p>Question: Are you more successful the harder you throw or softer? Why?</p>	<p>Frisbee Golf</p> <p>If you have a frisbee or just something flat that you can throw. Go to your local park or golf course and play frisbee golf. Search up the rules- basically get your frisbee to your target in the least number of throws (create your own targets). Play as many holes as you feel like.</p> <p>Question: Did my frisbee throwing get any better? Why/ why not? What influenced the flight of the disc?</p>

	<p>Letter box cricket</p> <p>While on a walk around your block play cricket! Letterbox Cricket</p> <p>Question: What other subject are you learning while doing this?</p>	<p>Footpath Games</p> <p>Use chalk (or stones/bark) to Create some footpath games from this list.</p> <p>Question: How can you make this easier/harder?</p>	<p>Sock Wrestling</p> <p>Find a family member who wants to wrestle (socks on). The aim of this game is to get the sock off the other person. Create your own rules and boundaries. What you can and can't do.</p> <p>Question: How did the process of creating your own boundaries make the game more or less fun?</p>
--	---	--	---

Acknowledgements: Pau-Tom's ISO PE

My week in lockdown PE - reflection

At the end of the week answer these questions before sending it back to your teacher:

What was the most challenging activity you did this week? Why?

What were the good things about doing PE this way compared to with your class? Why?

What were the bad things about doing PE this way compared to with your class? Why?