

Health and Physical Education - Term 2 week 3



“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>Skipping Rope challenge: How long can you skip for? How many criss/cross jumps can you do? Can you do a double or triple jump?</p>	<p>Balloon ‘keep up’: Keep the balloon off the floor.</p> <p>Tip: if you don't have a balloon you could use a ball or a large rolled up ball of paper or anything light.</p> <p>How can you make this more challenging? How long can you keep it up for? Challenge your mates!</p>	<p>Let’s Dance: Learn the dance moves of one of your favourite songs.</p> <p>Here is one of ours.</p>
<p>Note: Strive to do something EVERY DAY</p>	<p>Balancing Course: Make a balancing course within your house.</p> <p>How many things can you use? How long can you do it for? Try doing it with your eyes closed.</p> <p>What do you notice your muscles doing while balancing?</p>	<p>Create a game: Ask someone else at home to choose three random items from your place and make a game that requires hitting a target with an object.</p>	<p>Scavenger Hunt Walk: Go for a walk and use the Family walk- scavenger hunt challenge sheet and try and spot different things within your neighbourhood</p>

	<p>Acid river driveway: Your challenge is to collect the mail or bring in the rubbish bins BUT Your driveway or path is an acid river! You must not touch the driveway with any part of your body. You can only use 3 or 4 pieces of common household items to stand on eg: Buckets, cardboard boxes, towels, car mats. Try this on your own, together with 1 or 2 other people in your bubble or challenge them to the fastest time.</p> <p>Question: Explain one thing that helped you to succeed at this challenge as an individual or as a team?</p>	<p>Paper plane creation: Using ANY size piece of paper and <u>any</u> other materials, construct a paper plane. Once complete, stand behind a line inside and throw your plane as far as you can. Measure the distance in footsteps from the line you threw to the landing point.</p> <p>Repeat the challenge outside</p> <p>Tip: If it is a failure, what else can you change about your plane to make it fly further?</p> <p>Tip: Other materials could be sticky tape, staples, paper clips, card.</p> <p>Question: How far did it fly? Did it fly further inside or outside? Why?</p>	<p>Air Pong Volleyball: air pong Set up 2 areas as 'courts' to play with a member of your bubble.. The aim is to hit a balloon (or other object) to the other side. Score a point for landing it in your opponents square or if they miss your square.</p> <p>Rules: Up to 3 hits per person (depending on ability). Serve from behind the court.</p> <p>Tip: if you don't have a balloon you could use a cushion, large rolled up ball of paper or anything light. Use a blanket or a towel (or 2) as a court. Make the court as big or small as you need to...</p>
	<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>SoftToy bowling 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>Bike ride Go for a local bike ride on your own or with family.</p> <p>Question: How did you keep yourself and others safe on your ride?</p>

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My week in lockdown PE - reflection

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

Which activity was the most fun this week and why?

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

Did you have any situations where you didn't have the 'correct' equipment for the activity? If so, what did you do so you could still complete the activity?