

Health and Physical Education - Term 2 week 4



“Inspiring our communities to live Healthy and Active Lifestyles”

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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>Learn a new skill E.G. Juggling, Bottle Flip challenge, Card tricks.</p> <p>Here's a good learn to juggle video.</p> <p>Question: How can you make these skills harder? Can you add in a trick shot?</p>	<p>Create your own Ti Rakau sticks and learn the game.</p> <p>Ti Rakau link.</p> <p>Question: Do you know the meaning behind these songs? Where did Ti Rakau originate?</p>	<p>Race your family in a dress up relay</p> <p>Dress up relay</p> <p>Question: Can you beat your parents? How can you make it harder?</p>
<p>Note: Strive to do something EVERY DAY</p>	<p>Coin rugby Challenge someone in your bubble to a game of coin rugby.</p> <p>Coin Rugby</p> <p>Tip: If this game is too challenging for younger students, use a larger object such as a milk bottle top or change the rules so they throw over the 'posts'</p>	<p>Hopscotch - your way! The link explains the game of hopscotch.</p> <p>Hopscotch</p> <p>Tip: Try playing with your own rules. -add extra squares -make some big and some small -if you don't have chalk use tape or string.</p>	<p>Go for a walk Go for a walk up your local Maunga or Hill.</p> <p>Question: How many sports fields can you see? How many people exercising can you see?</p>

	<p>Question: What was the hardest part of the challenge and why?</p>	<p>Question: If you changed the game up, what did you do and why?</p>	
	<p>Ring of Fire</p> <p>Create a circle of objects (such as plastic cups or toys/ teddys) around 1m in diameter. Choose an object that you will want to throw into the circle (such as rolled up socks or a shoe). Choose a distance to throw from and take turns trying to throw the object into the circle without hitting the edge of the circle. How can you make it easier? How can you make this more challenging?</p> <p>Question: Was this game more fun to play by yourself or with others? why/ why not?</p>	<p>Create your own Olympic event</p> <p>The Olympic games aren't happening this year, but what if your neighbourhood had their own olympic games? What events or games would they have? Create your own unique event that could be competed in your school or neighbourhood olympics. It could involve running, jumping, throwing or a combination of any of these. Or something completely different.</p> <p>Question: What was the most fun event you re-created? Why? What is your favourite event to watch during the Olympics?</p>	<p>Exercise Challenge</p> <p>Choose an exercise that you want to develop your ability to do. For example, running for as long as you can, or squats, or star jumps or burpees or push ups. You choose. See how many (or how long) you can do at the moment. See if you can increase the time or the number of the exercises over a week or two weeks.</p> <p>Question: How did you feel, before, during and after each time you tried it? Was there anything interesting that you learned?</p>
	<p>Acid river driveway #2</p> <p>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,</p>	<p>Create a mini golf course</p> <p>Create a mini golf course in your house or outside. It can be anything from 1 hole to 9 holes!</p> <p>Get inspiration from this youtube clip. mini golf course ideas</p> <p>Tip 1: If you have a golf putter and a golf ball great, but if not use a small ball and some sort of stick.</p>	<p>Air Pong Volleyball</p> <p>air pong</p> <p>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>together with 1 or 2 other people in your bubble or challenge them to the fastest time.</p> <p><i>Added challenge this week...use only 2 pieces to stand on, make an acid river indoors or challenge your parents!</i></p> <p>Question: Explain one thing that helped you to succeed at this challenge as an individual or as a team?</p>	<p>Tip 2: Be creative with what you use. Eg: cups, pots, mats, bits of wood, kitchen items, tubes.</p> <p>Question: What were the most creative 3 items you used as part of your golf course.</p>	<p>Tip: if you don't have a balloon you could use a cushion, large rolled up ball of paper or anything light.</p> <p>Use a blanket or a towel (or 2) as a court. Make the court as big or small as you need to...</p>
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Acknowledgements: #EinPE, Georgia Dougherty, www.healthykids.org.nz

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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?

This week some activities were on your own and some were with other people. Complete the following questions in the table.

<p>Write down 1 thing that is <u>fun</u> about doing PE <u>on your own</u>.</p>	<p>Write down 1 thing that is <u>fun</u> about doing PE <u>with others</u>.</p>
<p>Write down 1 thing that is <u>not fun</u> about doing PE <u>on your own</u>.</p>	<p>Write down 1 thing that is <u>not fun</u> about doing PE <u>on your own</u>.</p>