



WEEK 5 PE – What does yours look like?

Well done to all of those who have been able to utilise the games and activities sent home over the past few weeks. What has been your favourite? Has it been the 'Rolling into Term 2' challenge? Or Maybe 'Simon Says' or even 'Monopoly'? Maybe you've even been able to access some GoNoodle in the lounge room? Or perhaps you took on the challenge of building an obstacle course at home?

Remember that Term 2 PE might look very different for each student.

- Your PE for this term is very flexible! You may choose to go back and complete some activities from other weeks at any stage, or, you may even like to swap it for something with your family instead!
- The games, activities and challenges set each week, along with the website links provided, are designed to be a support and not a barrier. As long as students are getting out and getting active, it is absolutely fine to substitute my challenges for bike riding or walking with the family if it's a better fit.
- *Remember, each game is like an old friend, you can revisit them as much as you like!*
- **Students**, I hope you are loving the variety that Term 2 ISO PE is providing. I look forward to seeing how you are achieving your 30 minutes a day!
- **Parents**, if you have any questions, need some ideas or support, or feel like you are missing any resources, please email me or call the school so we can help.

Week 5 Bonus Challenge #1

Bouncing!

- For young children, soft, larger balls that are just a little on the flat side are the easiest to control without risking a bump in the nose
- As your child builds their skills, inflate the ball and encourage them to count the bounces they can make in a row and continue to try and beat their best score.
- For increased difficulty, use smaller sized balls such as tennis balls.
- When bouncing, make sure your child is using their fingertips and pushing the ball down for better control rather than a flat hand slap.

See if you can...
(Exploring bouncing skills individually)

Bounce the ball through your *legs*

Dribble the ball quickly *spin around* and then dribble again

Bounce the ball *sitting* down
→ Then kneeling on 1 knee

Bounce the ball as *high* as you can

Throw the ball in the air and try to make it *spin* when it bounces
→ Forward and backwards
→ Left and right

Bounce the ball as many times as you can with your *eyes closed*

Hop around on 1 foot and bounce the ball
→ Then switch legs

Bounce the ball *spin around* then catch it with 1 or 2 hands

Dribble along the lines

1500 x 2121

The worksheet features several illustrations: a boy holding a basketball, a girl dribbling, a boy hopping, and Winnie the Pooh and Tigger playing with a basketball. The background is a light blue and white checkered pattern.

Challenge #2

- Using the equipment around you, target practise is a fantastic way to improve hand-eye coordination and improve concentration.
- Make sure that your child is focussing on the target and not their arm. This helps to build a more natural and accurate throwing action without becoming forced.
- Laundry baskets or garden hoses laid out in loops are nice large targets for beginners.
- Always encourage your child to throw with their non-referred hand as well. This not only helps develop dexterity but improves the connections between the hemispheres of the brain!

PE station ideas

'Bounce into the buckets'.

You'll need:

- 1 each 
- 3 
- 8 

Setup

- > Mark 2 sidelines about 6 meters apart with cones
- > Put the buckets in the middle

Gameplay

- > Bounce your ball into the bucket from the cones
- > You get 1 point everytime you get it in the bucket

"I want to see you"

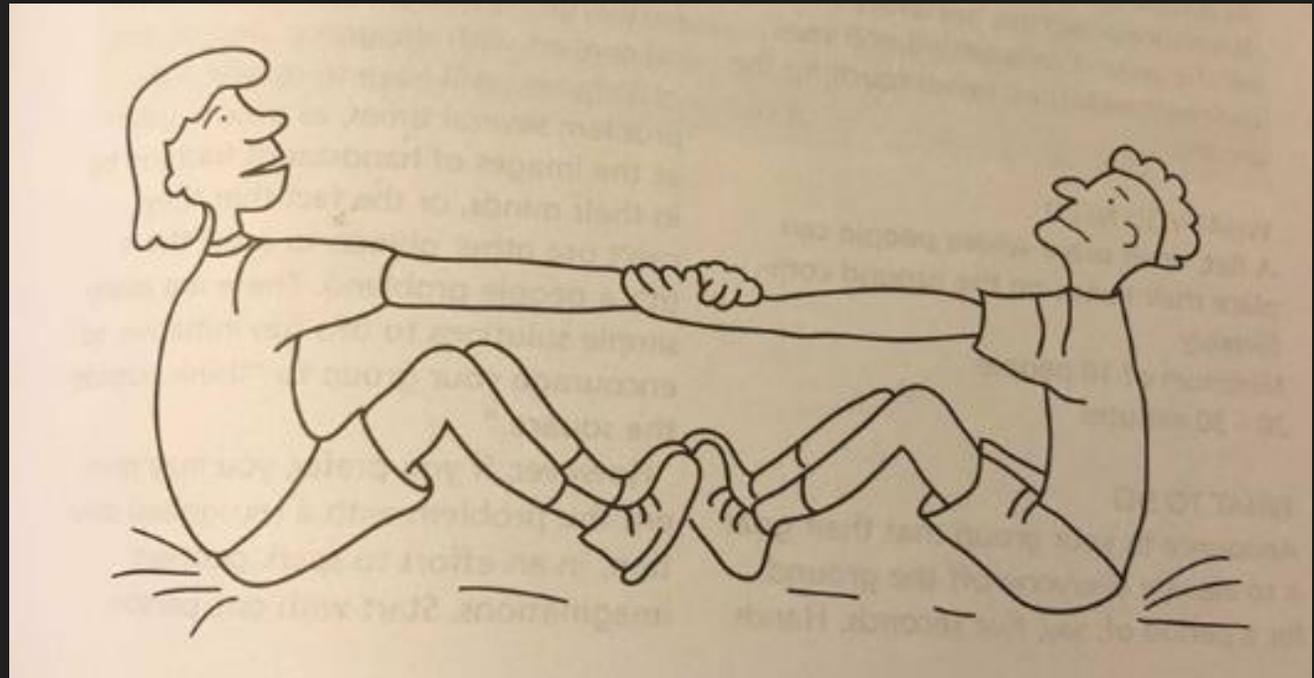
- > Try using your left and right hands to get the ball in



3448 x 3793

Challenge #3 – Find a partner, or a few, for ‘Everybody Up’!

- This is a fantastic challenge to improve cooperation between siblings while in ISO!
- Make sure participants are holding wrists and not linking fingers.
- The less direction you give them, the more they need to problem solve and work together!
- For an extra challenge, add more people! This can be done with 20 people, so your only limit is the amount of bodies living under your roof!



Challenge #4 – Find a partner again!

TOE TAG

A hop-step-and-jump tag game that quickly raises the energy of your group

AT A GLANCE

Starting back to back, two partners spin around on "Go" and try to "tag" the toe of their partner before they get tagged.

WHAT YOU NEED

A flat, open space to accommodate lots of frenetic activity

Minimum of 2 toe-taggers

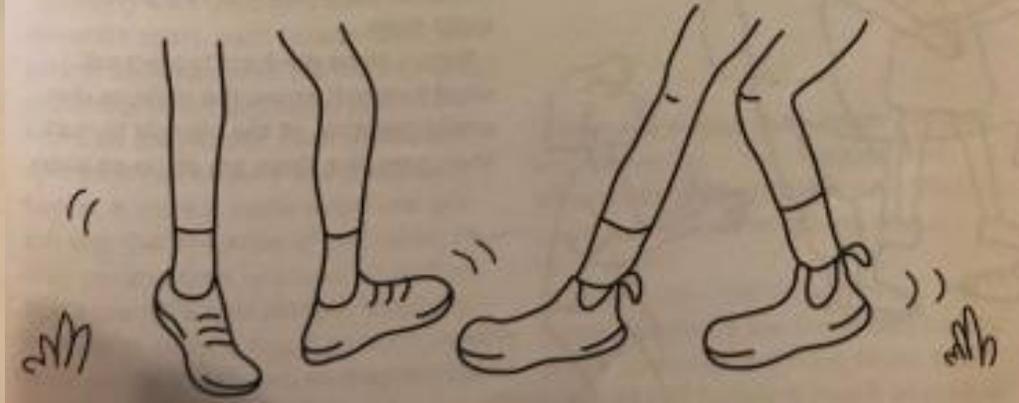
2 – 5 minutes

WHAT TO DO

This is a perfect two-minute filler that has the power to transform your mopey group into a ball of energy.

You need groups made up of partners. Ask everyone to start with their backs to their partner, and on an appropriate signal like "Go," both partners spin around 180 degrees to face one another and engage in a dance-like combat. Each person attempts to "tag" the toe of their partner gently before one of their own feet gets tagged.

Be sure to remind your group that you said "tagged" and not "stomped." This will make all the difference between many fun rounds, and a lot of sore feet. Play best of three rounds, but if you lose the first two, better make it five!



Don't forget to send me pictures!

- I have absolutely loved seeing the different ways you are challenging yourself and keeping active this term, keep it up!
- I love seeing the variety of pictures you've been sending in. Remember, it doesn't have to be the weekly lesson or challenge, it can be anything you are doing at home to keep fit and active.
- Keep checking the gallery on my page to see what everyone has been getting up to!

Rolling into Term 2 Activity

- It's never too late to start!
- Keeping logging every time you complete this challenge!
- Keep your page neat so you can hand it in to me later in the term.

Roll in the new term...



Directions—Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your lesson should consist of at least 10 rolls of the dice. However, if you're feeling extra motivated, or if you're driving your parents bananas already, roll a few more times to intensify your challenge.

NOTE—Parents have the final say over how many rolls their child should roll!

Roll a 2 – 5 push ups

Roll a 3 – 15 sit ups

Roll a 4 – 20 mountain climbers (yep, just like it sounds. Like climbing a wall that doesn't exist, easy!)

Roll a 5 – 10 burpees

Roll a 6 – 50 star jumps

Roll a 7 – 20 lunges (10 each leg)

Roll a 8 – 30 side steps/jumps

Roll a 9 – 25 jumps (with or without skipping rope)

Roll a 10 – 30 high knees (15 each leg)

Roll an 11 – 20 push ups (can have knees on the ground but keep your back straight!)

Roll a 12 – 20 karate jump kicks (10 each leg)

Roll a 13 – Really? Ummm....let's say 1000 push ups?

Complete the Roll in the New Term fitness challenge throughout Term 2. Keep a page in your at home work book and make a 'Roll in to Term 2' title for your new page. Record the day, date and your initials each time you complete a workout. I can't wait to discover the new ways for you to 'hand in' your pages to me through the term, I will let you know soon how we can do this!

*Remember to keep your page nice and neat so I can see what you've been up to!

Stay fit and healthy!

Miss Feely

