

# WEEK 3 PE -P-2

Let's make sure our kids keep their movement time up and improve their fitness by making it as fun as possible! Make sure your child knows that walking the dog, riding a bike, or a horse, helping to round up the sheep...whatever fits within your family unit, **IS PE!**

I would love to receive some letters from our juniors telling me how they are keeping fit. They can be emailed to [feely.rachael.r@edumail.vic.gov.au](mailto:feely.rachael.r@edumail.vic.gov.au) or, for those without internet, delivered to the school when collecting next week's work. Remember to keep checking this page to see what other kids have been up to and look for new challenges.

STAY HEALTHY! 😊

## Mr. Men Fitness Fun

### Mr. Greedy:



Standing in one spot, pretend to gobble up food like you're greedy

### Mr. Sneeze:



Walk around like you are sniffing flowers, sneezing

### Mr. Happy:



Stroll around the room, smiling at each other like you are really happy

### Mr. Strong:



Flex your muscles like you are really strong

### Mr. Slow:



In slow motion, move around the room like you're 100 years old

### Mr. Topsy-Turvy:



Move like everything is opposite, instead of walking forward, walk backwards!

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Spin around in circles.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a cartwheel.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Do a somersault.  | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Wave your arms above your head.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Walk like a bear on all 4s.   | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Walk like a crab.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Hop like a frog.  | Show off the muscles in your arms.  | Scream.   |
| Walk on your knees.   |   |   |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   |   |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   |   |



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# DON'T FORGET...

If you really enjoyed an activity from a previous week, think of it as a friend, you can go back and revisit as many times as you like!