

### Physical Education Activity Grid

(Choose a minimum of **one** activity per day)

<p>20 x jumping jacks 1 minute skipping 20 x push ups 1 minute skipping <b>Repeat x 3</b></p>	<p>15 x burpees 1 minute sprint on the spot 10 x burpees 30 seconds run on the spot <b>Repeat x 3</b></p>	<p><b>GoNoodle</b>  <a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>	<p><b>PE with Joe</b>  <a href="https://www.youtube.com/watch?v=4wzoy_J3l_c">https://www.youtube.com/watch?v=4wzoy_J3l_c</a></p>
<p>15 x lunges on both legs 1 minute high-knee running on the spot 20 x tuck jumps 1 minute backside kick running on spot <b>Repeat x 3</b></p>	<p>30 second plank 20 x squats into a tuck jump 45 second plank 15 x burpees <b>Repeat x 3</b></p>	<p><b>Just Dance For Kids</b>  <a href="https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ">https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ</a></p>	<p><b>Cosmic Yoga</b>  <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
<p>Standing apart, kick a ball through your partner's widely spread legs. Take turns, first to 10 goals takes the glory! Form a playing area with two goals in your backyard. Challenge family to a (friendly) game of soccer.</p>	<p>Throw a ball of any size in the air, clap 1x, then 2x, 3x and more... How many claps can you get to in one throw? Throw a ball in the air, using your soft hands to catch, squat down whilst catching x20.</p>	<p>Throw a ball (or soft item) in the air, say your ABCs, how far can you get in one throw? x20.  Throw a ball in the air, count your 1,2,3s, how far can you count? x20</p>	<p>In your yard, underarm throw a ball to your partner from 1 metre away. Both take a small step back after 2 catches. How far can you spread apart whilst catching the ball? Choose a topic e.g. fruits. Spread apart with your partner, throw them the ball and your partner is to list one fruit before catching. Take turns and try not to repeat a word! Change the topics each game.</p>
<p>Spend a relaxing 5-10 minutes sitting outside, try slowing your breath and gently shut your eyes. Imagine 5 things you are very happy about in your life. With parent instruction, help hand-wash a car or bike. Safely use hand, back and arm muscles!</p>	<p>Use your strength to carry the washing basket. Feel the stretch as you help hang the washing out on the line. With parent's guidance, help pull out the weeds from the garden or yard.</p>	<p>Sweep/mop the kitchen floor. The more muscles you use, the easier it is, try it! Use those arm muscles to scrub the kitchen dishes in the sink.</p>	<p>House Clean Marathon – Challenge your family members to a house cleaning race. See who can clean their area first. Pace yourself, this isn't a sprint. Whilst cleaning your bedroom floor, squat down to pick up and put away toys and items. Let's get low!</p>



Jumping Jack

Push Up

Burpee

Lunge

Squat

Tuck Jump

Plank

High Knees

Backside Kicks