

Grade 1/2

On your specialist day, you will be completing the following activities.

Specialist Day Activities

Activity 1:

Bat Tapping:

- You will need a ball of some kind (*large bouncy ball, soft squishy ball, rolled up pair of socks or a paper ball*), and a bat (*foam bat, pool noodle, rolled up newspaper, cardboard tube*)
- Tap that ball up and down on the bat
- Count how many times in a row you can tap the ball before it hits the ground.
- If you have someone to play with, you can tap the ball back and forth between you.

Activity 2:

Newspaper Hockey:

You will need someone to play with in this activity

- You will need two newspaper bats (*made by rolling up a newspaper*), a rolled up pair of socks and two chairs.
- In an open space, place the chairs about 5 meters apart – the chair legs will act as you goals.
- Place the sock ball in the middle of the playing area.
- On 'Go', players use their newspaper bat to hit the sock ball
- Players must keep **both hands** on the bat at all times. You can only hit/touch the ball with the newspaper bat – no body parts.
- First to score 5 goals, wins.

Remember to keep **both hands on the bat at all times. If you hit the ball with only one hand, the other player gets a free shot at goal.**

On all other days, you will be completing the activities in the grid below.

<p>Monday (Grade 2 Specialist Day)</p>	<p>Grade 2 Specialist Day – Please complete the Specialist Day Activities at the start of the grid.</p> <p><u>Grade 1 students please complete the activities below...</u></p> <p>Activity 1: Human Board Game: Use your imagination to create your own human board game through the house or out on the footpath. Be creative! Think about exercises or activities that people can do when they land on a space. Below are some ideas...</p> <ul style="list-style-type: none">- Go back 1, 2, or 5 spaces- Miss a turn- Do 15 star jumps- Stand on one leg until your next turn- Roll the dice with your eyes closed- Roll the dice two times on your next turn- Move ahead 5 spaces- Jog on the spot for the rest of the game- Touch your toes for 10 seconds- Wiggle and shake your body for 10 seconds <p>Once you have created your board game, roll the dice and have fun!</p> <p>Activity 2: Spring Yoga: - Follow the poster that has been uploaded to the Google Classroom. (It has also been attached that the end of the grid)</p>
<p>Tuesday</p>	<p>Activity 1: Sock Sliding: <i>Please ask for permission from mum and dad <u>BEFORE</u> completing this activity!</i></p> <ul style="list-style-type: none">- You will need a pair of socks (without grip dots on the bottom) on your feet- Stand against the wall at one end of a hallway or open area in the house (this activity works best on tiles or floorboards)

	<ul style="list-style-type: none"> - Take 3-4 large steps forward and mark a line on the ground, using masking tape. This will be your take off line. - Start against the wall and run/jog up to the line - When you get to the line you need to start sliding as far as you can in your socks. <p>Challenge your sibling, and parents – who can slide the furthest?</p> <p>Activity 2: Disney Dance Challenge:</p> <ul style="list-style-type: none"> - Click on the video that has been uploaded onto the Google Classroom to enjoy a Disney themed dance challenge.
<p>Wednesday (Grade 1 Specialist Day)</p>	<p><u>Grade 1 Specialist Day – Please complete the Specialist Day Activities at the start of the grid.</u></p> <p><u>Grade 2 students please complete the activities below...</u></p> <p>Activity 1: Human Board Game: Use your imagination to create your own human board game through the house or out on the footpath. Be creative! Think about exercises or activities that people can do when they land on a space. Below are some ideas...</p> <ul style="list-style-type: none"> - Go back 1, 2, or 5 spaces - Miss a turn - Do 15 star jumps - Stand on one leg until your next turn - Roll the dice with your eyes closed - Roll the dice two times on your next turn - Move ahead 5 spaces - Jog on the spot for the rest of the game - Touch your toes for 10 seconds - Wiggle and shake your body for 10 seconds <p>Once you have created your board game, roll the dice and have fun!</p> <p>Activity 2: Spring Yoga:</p> <ul style="list-style-type: none"> - Follow the poster that has been uploaded to the Google Classroom.

	<i>(It has also been attached that the end of the grid)</i>
Thursday	<p>Activity 1: Nature Scavenger Hunt:</p> <ul style="list-style-type: none"> - Use the sheet that has been uploaded to the Google Classroom, or create your own, and go on a nature scavenger hunt in your backyard, or in the local park. - How many items on the sheet can you find? <p><i>*Challenge – you might like to set a timer and see if you can collect all of the items before the time runs out!*</i></p> <p style="text-align: center;"><i>(The Scavenger Hunt sheet has also been attached that the end of the grid)</i></p> <p>Activity 2: Penguin Race:</p> <ul style="list-style-type: none"> - Place some cups, upside down on the ground, a few meters away. - Place a tennis ball, or pair of rolled up socks, between your knees. - Waddle up to the cups, keeping the ball between your knees. When you get to the cup, flip it over and waddle back to the start. <p>How many times can you go up and back without dropping the ball? <i>*If you have someone to play with, you can race each other. Who can go up and back the quickest?*</i></p>
Friday	<p>Free Choice Friday: Today you can choose what you would like to do for PE. Here are some suggestions...</p> <ul style="list-style-type: none"> - Go for a walk with your family - Play a game in the backyard - Go to the park - Dance - Yoga - Jump Rope activities

SPRING YOGA

10 easy yoga poses for kids



1. Say hello to
the sun.



2. Pretend to be
a tree.



3. Pretend to be a
flying bird.



4. Pretend to be
the falling rain.



5. Pretend to be
planting seeds.

NATURE SCAVENGER HUNT



A curved leaf



A spotted rock



A track or footprint



A seed or seed pod



A bug or insect



Something beautiful



A feather



Some water



tree sap



A spider web



Something yellow



A flying insect



A hole



A funny shaped cloud



An evergreen tree



Three types of birds



A stick shaped like a letter of the alphabet



Something smooth