

PREP

Monday	<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. <i>(It has also been attached that the end of the grid)</i></p>
Tuesday	<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)- Take 3-4 large steps forward and mark a line on the ground, using masking tape. This will be your take off line.

	<ul style="list-style-type: none"> - 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 Google Classroom to enjoy a Disney themed dance challenge.
<p>Wednesday (Specialist Day)</p>	<p>Activity 1: Can You Cross The River?</p> <ul style="list-style-type: none"> - Draw two lines on the ground, or lay two rolled up towels on the ground to create a <i>river</i> - Stand on one side of the river and jump across to the other side, and then back. - Now try doing a frog jump across the river and back - See if you can hop across the river (jump and land on one foot) <p>Can you jump backwards across the river?</p> <p>Activity 2: Lilly Pads:</p> <ul style="list-style-type: none"> - Place some pillows/cushions or short stools in a line on the ground. - Start a few steps back from the first object - Jog/walk up to the first object and place your hands on top of it. - Push off with your legs and jump over the object - Continue to jump over the rest of the objects. <p>Activity 3: Can You Cross The River?</p> <ul style="list-style-type: none"> - Draw two lines on the ground, or lay two rolled up towels on the ground to create a <i>river</i> - Stand on one side of the river and jump across to the other side, and then back. - Now try doing a frog jump across the river and back - See if you can hop across the river (jump and land on one foot) - Can you jump backwards across the river?

<p>Thursday</p>	<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>
<p>Friday</p>	<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