

WEEKLY WORKOUTS R-2 W2/T2



Parents and students:

These activities are designed to get you physically active, and have some fun at the same time. If your heart starts beating a bit faster and you find yourself huffing and puffing a bit – fantastic!

Here are some things to remember while enjoying these activities:

- ✓ Be safe! Check that the area you're in is safe for the activity you're doing.
- ✓ Choose what days you try out these activities – or your teacher may talk to you about this.
- ✓ Be creative with equipment! If the activity mentions equipment that you may not have – can you think of something else that could do the job?
- ✓ If you enjoy the activity, have another go! You might do an activity on a number of days in that week. That's great!
- ✓ You might be especially excellent at some of these activities, or think of ways that an activity can be changed or improved? Share your ideas on your class' online space. Friends might want to try your ideas!

BEAN BAG TARGET GAME

You'll need to head outside for this game – somewhere on the lawn, or anywhere on any surface so long as you have some space.

What do you need?

- First you need some bean bags. If you have some – great! But if you don't, some other things could work just as well. Beanie Kids – perfect. Juggling balls – fantastic. You could even get creative and make your own using rice and balloons – here's a clip that shows you how (great fun – make lots!)

<https://www.youtube.com/watch?v=gl3Pg1ThiW0>

Now we need the rules for the game – here's where you need to look at the sheet below.

DANCE LESSON

"BRING IT ALL BACK"

Time to put on your dancing shoes everyone!

Join Dimitra from Footsteps as she leads you through some fun and energetic moves to the song, "Bring It All Back" by S Club 7.

Here's the link:

<https://www.youtube.com/watch?v=pqZfzcLY6Ys>

HAPPY HUFF AND PUFF

This is a great activity if it's a bit cold or rainy outside.

Joe is a very enthusiastic fitness trainer and today he has some help from some friends, Jessie and Noah. And you, of course!!

<https://www.youtube.com/watch?v=xbVr38Bhe7E>

Is there a family member who could join in with you?

I bet they'd love to do some Happy Huff and Puff – maybe put some music on when Joe starts the clock each time.

How to play the.....Bean Bag Target Game

This is a great game because it works on good communication and cooperation.

Equipment:

- A bunch of bean bags - maybe you've made some of your own.
 - Feel free to do some juggling practise after the game.
- You'll also need a couple of coloured markers that don't mind if a bean bag or juggling ball lands on them - paper or plastic plates are ideal but anything circular, plate sized and not breakable will do the trick.

Set up:

- One player starts in the role of COMMUNICATOR.
 - This player starts with the bean bags and the circular markers.
- The other player starts in the role of THROWER.
 - This player doesn't need anything at the start.

Start of the Game:

- 1) The THROWER stands near the edge of your playing space facing to the outside. The THROWER starts with eyes closed.
- 2) The COMMUNICATOR now walks behind the THROWER and places one of the circular markers somewhere behind them in the field of play.
- 3) The COMMUNICATOR now tells the THROWER to open their eyes but not to look behind them for the target just yet.
- 4) The COMMUNICATOR talks to the THROWER to describe how far away and in what direction the marker is from them. (e.g., "It is two metres behind you, and straight back.")
- 5) The THROWER now takes a bean bag. They will toss it backwards, without looking, to try to hit the target according to the directions given.
- 6) If they hit the marker, switch positions and switch roles.
- 7) If not, stay in your roles and communicate how it missed (e.g., "You threw it one metre too far and a bit to the right"), hand them another bean bag, and let them try again. (Repeat until you run out of bean bags or keep going but stop after a certain number of turns - say five.) Remember you can always pick up the bean bags that have been thrown and hand them to the THROWER for another turn.

Tips:

- 8) Make up a scoring system - maybe a point is scored by the thrower each time a throw is closer than a previous try. Maybe five points for a throw that hits any part of the marker.
- 9) You could add challenge by having the THROWER have a bean bag in each hand and the COMMUNICATOR gives two directions, e.g. "With your right hand the marker is 3 metres behind you and one metre to the left - (throw + communicate) - And for your left hand the marker is 2 metres straight behind you (throw + communicate)" (It's also ok to use "paces" or "steps" instead of "metres". Maybe try both ways and see what's more successful.)