

WEEKLY WORKOUTS R-2 W3/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!

PAPER PLATE TENNIS

This game is great fun.

What do you need?

First – You'll need a balloon or two. This is why this game is safe to play inside. Inflate your balloons to around about the same size as a tennis ball. (A bit bigger is quite ok.)

2nd – You need to make a couple of racquets. Use a couple of rulers, or wooden spoons and tape paper (or plastic) picnic plates to the end. Here's a video to show you how it might look:

<https://peuniverse.com/video/paper-plate-tennis/>

3rd – As for the "net", here's where you can get creative. On the video they've used a towel or a blanket – you'll think of something that'll do the job!

Of course, this tennis is all volleys – the 'ball' never bounces – I wonder how many hits you and your partner can do before the balloon touches the ground? Create a personal best then see if you can beat it!

Or make up a game that has a scoring system.

ANIMALS FITNESS DANCE

Ready for some dancing fun – this activity is focussed on your favourite animals.

Join Sara, or as she also likes to be called, MissFIT, from MissFIT Movement, as she leads you through a fun and energetic session that will get your body moving, your heart pumping and your face smiling.

Here's the link:

<https://www.youtube.com/watch?v=SWDCTIVubd0>

INTERNATIONAL DISTANCE LEARNING OLYMPICS CHALLENGES

A big thank you to Mr Daniel Pearce, from Holy Family Catholic School, Parafield Gardens, for generously allowing us to use this resource that he has created with some international PE teacher colleagues located in the UK and the USA.

The name of the resource is the title of this activity and we say well done and thank you to Daniel.

Now, let's get active!

With these challenges you can try them out as many times as you like – maybe record your personal bests.

- 1) Soccer – Fast Footwork Challenge & Passing Points Challenge

<https://safeyoutube.net/w/aGB8>

- 2) Australian Football Handball Challenge

<https://safeyoutube.net/w/wTJ9>

- 3) Tennis Challenge – "Ups"

<https://safeyoutube.net/w/zNJ9>

- 4) Netball Challenges – Footwork

<https://safeyoutube.net/w/UVh9>

- 5) Baseball Throwing Challenge

<https://safeyoutube.net/w/ttL9>

