

WEEKLY WORKOUTS R-2 W4/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!

GYMNASTICS

BEGINNER AEROBICS

Gymnastics is a fantastic sport because it's made up of so many different 'gym sports'.

You may have heard of artistic gymnastics, rhythmic gymnastics, acrobatic gymnastics, trampoline gymnastics (if you haven't, do a search and find out about each of these great gym sports) – and the theme of this activity – AEROBICS GYMNASTICS.

Coach Kylie will lead you through a 20 minute Beginner Aerobics session that will give your whole body a workout.

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

Get active and have fun!

Builders & Bulldozers

This is an active indoor, or outdoor, game for two players, but more can join in.

What do you need?

As big a space as you can find.

As many objects as possible that can be tipped over, or turned upside down - safely. Examples could be plastic water bottles, empty cartons or plastic bottles, empty plastic food containers, plastic cups, etc, etc – I think you get the picture. But the more objects, the better the game and the challenge.

How to play:

-If two are playing, one person starts as the **BULLDOZER** and the other player is the **BUILDER**. If more are playing, share the roles evenly among the group. Switch roles after every few games.

-Arrange all your objects around the space – some right way up, some tipped over or upside down.

-Rules for **BULLDOZERS** – your aim is to have every object in the space tipped over, or upside down (some containers won't tip on their side but they will be able to be turned upside down). You must only use your hands. You're not allowed to use your feet, and you are not allowed to hit objects to make them tip over.

-Rules for **BUILDERS** – your aim is to have every object the right way up!

-Have a timer going. Try one minute of play, try two minutes of play. Experiment with how long you think is the best amount of time for a game.

Challenge – if you want to introduce some scoring fun – start the game with exactly half the objects right way up and half not. At the end of your playing time, do a count to see who wins.

LET'S HAVE A BRAIN BREAK MOVE AND FREEZE

Time for a brain break,
everyone.

Let's have some fun moving
to some music – actually
let's have some fun moving
and freezing to some music.

What does that mean???

Join in and find out.

https://www.youtube.com/watch?v=_388Q4HReOWE

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