

WEEKLY WORKOUTS R-2 W5/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

Let's try some beginner gymnastics. Today's activity is all about Balance – different ways you can hold your body in a balance as well as balancing simple objects. Try out the activities that appear on the next page of the Workout.

HAPPY HEART WORKOUT

Ready to get those muscles moving!

Ready for a bit of huff and puff!

Join in with this five minute workout with Joe, the fitness trainer.

<https://www.youtube.com/watch?v=d3LPrhIOv-w&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=2&t=0s>

Maybe go through the workout a few times, or on a few days this week.

Your healthy heart will love you for it!

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>



BALANCE for 5 – 8-year olds

Balance Holds - Easy

This series of Activity Cards concentrates on BALANCING. We are going to begin with a few easy balances. Follow the pictures and Key Coaching Points (KCP) for each balance. Try to hold each balance for 10 seconds before moving on to the next set.



Tuck Hold

KCP: Start in a tuck sit position. Hold each knee with one hand. Slowly lift toes off the ground to balance.



Kneeling Scale

KCP: Kneel on hands and knees. Lift one leg out behind. Leg should be straight, Hips flat, not tilted.



Stork Stand

KCP: Stand on one leg. Arms out and held straight. Lift one leg, bend knee and point toe to knee.



Side Hold

KCP: Start in a Star shape. Slowly lift one leg to balance. Try not to tip forwards, keep tummy (core) tight.

What are we learning?

Balance underpins everything we do. It provides our body with the stability to do everyday tasks like standing, sitting upright and walking. These static balances also improve body control and core strength.

Resources

Static balance holds should be done on a flat surface. As some of these require sitting or kneeling on the floor, a soft matted or grass surface is recommended.



BALANCE for 5 – 8-year olds

Balance Holds - Harder

Well done if you have been able to hold all the balances on the first card for more than 10 seconds. Here are a few harder balances to try. Remember to use your tummy muscles (core) to hold balances still. Follow the Key Coaching Points (KCP) to achieve the correct posture in each balance.



V sit, straddle hold

KCP: Start in a tuck sit position. Push your legs out straight into a straddle shape. Balance only on your bottom, not lower back.



Kneeling scale, no hands

KCP: Start in the Kneeling Scale position. Slowly lift one hand off the floor. Once balanced try both hands off the floor.



Arabesque

KCP: Stand with arms out to side. Lift one leg out behind, keeping it straight. Lean forward so back is horizontal. Try not to twist hips, keep back flat.



Shoulder Stand

KCP: From tuck, rock back to shoulders. Lift feet and hips, pushing toes to the sky. Support hips with your hands, elbows close to your body.

What are we learning?

Balance underpins everything we do. It provides our body with the stability to do everyday tasks like standing, sitting upright and walking. These static balances also improve body control and core strength.

Resources

Static balance holds should be done on a flat surface. As some of these require sitting or kneeling on the floor, a soft matted or grass surface is recommended.

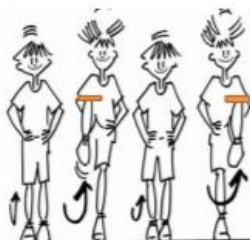


BALANCE for 5 – 8 year olds

Balance with an Object

In this balance activity we are going to balance an object on different parts of our body. We will also see if we can move with the object still balancing.

1. Balance the object on your head. Walk slowly around the space, balancing the object. If it falls put it back on and try again. Remember, chin up and look forward.
2. Balance the object on your elbow. First hold bent arm out to the side like a wing. Balance object on the end. Now try same balance with hand holding your shoulder and object balanced on top of your elbow. Can you flick the object off and catch it??
3. Balance the object on your knee. Bend your knee up so that it is at hip height. Try both knees.
4. Now balance the object on your toe. Lift your toe slowly off the floor.
5. Try balancing on your tummy while walking in crab shape or on your back in bear shape.
6. What other parts of your body could you balance your object on?



What are we learning?

Balancing an object will teach core stability, body awareness and good posture.

It can also be used to learn the names of different body parts.

Resources

You will need a flat area for this activity. The object you choose to balance should be small and soft. E.g. bean bag, small stuffed toy, pair of socks, dish washing sponge.

You might wish to try balancing different objects e.g. heavy vs light.



BALANCE for 5 – 8-year olds

Balance Holds – Different Body Parts

In this activity we are going to balance on different parts of our body. Practice all of the balances shown. Then try some more of your own.

1. Two knees
2. Two feet, one hand
3. Back
4. One elbow, one knee
5. Two hands

This activity could be played as a game with music, similar to "FREEZE". Move around the space in different ways. When the music stops, the coach (parent, teacher) calls out the body parts and gymnasts make a balance.



What are we learning?

Balancing on different body parts will teach core stability, body awareness and good posture.

It can also be used to learn the names of different body parts.

Resources

This activity will need some space and a matted or grass area. If you wish to use it as a game, some fun, fast music will be used as well as someone to control the music and to call the actions.