

Health and PE activities: Term 4, Week 7

Choose from these 12 activities. Complete at least one task each day.

When you complete an activity, you need to show it on your creations slideshow.

Take videos or photos of what you do. AND write about it.

Touch - Agility, Speed and Coordination:

It's important to start with a warm up before working on your skills, this will help stretch your muscles and prevent strain or injuries. Checkout the video link below to help you prepare:

<https://www.youtube.com/watch?v=sPI0mrjikGA>

Don't have a touch ball? You can modify the equipment and use your jumper, just wrap it up into a ball.



Create your own 'homemade' marble run.

Using any type of ball, create a marble run. It must have a set start and finish point.

Can you make your ball do a loop?
How about a 'drop'?
Can you create multiple paths for your marble?

Beach version:

Take a shovel to your local beach and create your own marble/ball race. Here is some awesome inspiration for you:



 Jelle's Marble Runs: Sand Marbl...
Down Below is my Marble Run.

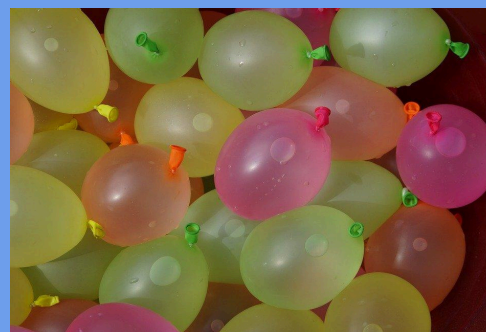
Water Balloon Drop

Fill up a bunch of water balloons. Your challenge is to see how far you can make it fall **without** breaking. You can use whatever items you would like within this challenge. Below are some ideas to get you started:

- You could try catching the water balloon
- How about it landing on a cushion?

How to make it harder?

- Make it land on something hard.
- Catch it using your hands

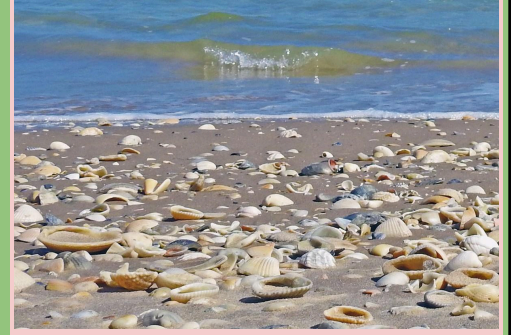
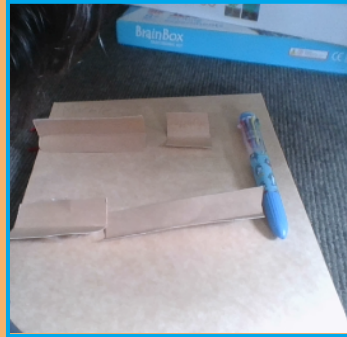


Time to get messy:

Go outside and get messy, you could go to the beach and build a sandcastle, or create some mud pies, or make some homemade slime. The only requirement is that you get messy while you do it!!! (Just make sure you do it outside!).



My one.



Athletics - How to Jog:

It's important to start with a warm up before working on your skills, this will help stretch your muscles and prevent strain or injuries. Checkout the video link below to help you prepare:

<https://www.youtube.com/watch?v=PBr3ivPZfbg>



Down Below is my jog.



Knucklebones

<https://www.youtube.com/watch?v=yWuVqj6cohU>

If you don't have the actual knucklebones, then improvise with stones or rolled up bits of paper or lego bricks. Start off with throwing one bone up in the air, tapping the ground and catching it again.

Now to make it harder:
Can you do 1sies?

Now try 2sies.

Or create your own knucklebones
throw and cat

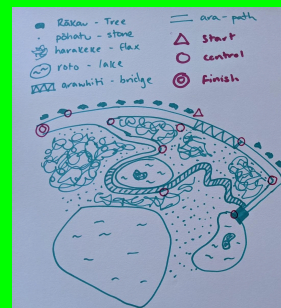


Create an orienteering challenge for your whānau and friends.

Choose where you are going to make your orienteering course. It could be:

- your garden
- favourite local park, beach, bush

Explore your area and choose 5 places to set questions. Pick interesting locations / objects. For example - what colour is this object? What kind of tree is this?



Draw a map of your area and circle where your 5 questions are.

Write your questions on the back of the map.

Time to play: challenge someone to complete your orienteering course. Can they answer every question correctly? How quickly can they complete it?

My one

Whare Pūrokuroku/Building a hut:

A traditional hut made with natural or recycled materials. You can make one almost anywhere at the beach, in the bush or even at home. Try and make your own Whare Pūrokuroku using the following:

- Sticks, leaves, branches, driftwood, stones, rocks, rope, string, blankets, sheets, chairs, tables.

Does your hut have a door?

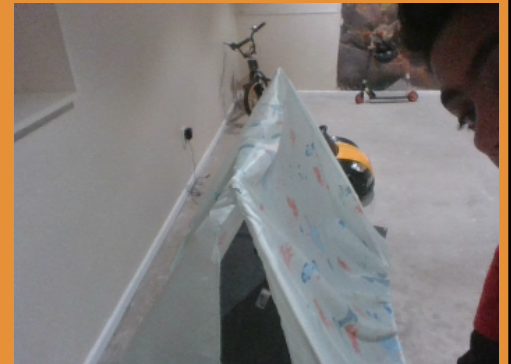
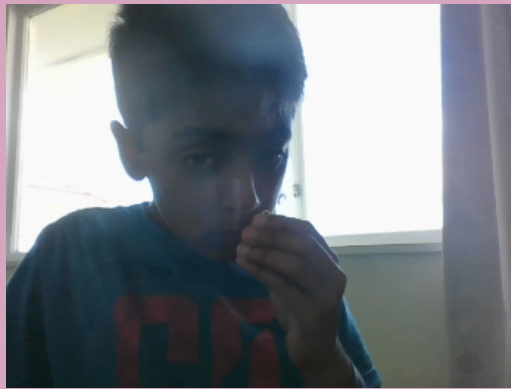
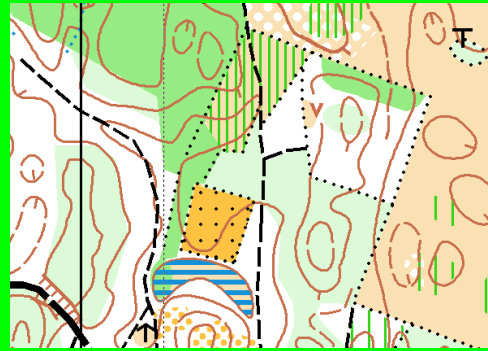
How about a Moat?

Is it a girls only hut?

What did you use to make your hut?

What can you spot from your hut?





Tennis - How to do a passing shot:

It's important to start with a warm up before working on your skills, this will help stretch your muscles and prevent strain or injuries. Check out the video link below to help you prepare:

<https://www.youtube.com/watch?v=TN4RcCVHdfY>

Don't have a tennis racquet or ball? That's ok, you can use alternatives such as a wooden spoon and a pair of socks wrapped up as a ball.



Shoe Tower

Using shoes try to build the tallest freestanding structure you can. Shoes can be balanced on each other, laces can be used to tie together.

Structure must stand unassisted for 10 seconds to be successful.

No other equipment may be used to support structure.

Take a picture and put it on your slideshow.



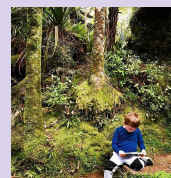
Down Below is my one.

Go on an adventure!

- Go somewhere new
- Go for a swim at the beach
- Go for a ride - bike / scooter / skateboard
- Go for a walk in the bush, up a maunga, along a trail

Where will your adventure take you?
Who will you take on your adventure?
What do you need for your adventure?

What can you discover on your adventure?



Shadow hunting:

Find different items that make interesting shadows - branches, bodies, balls, wire, balls.

Can you trace the shadows using chalk, bark or water?

Take photos of your outlines.



