

Health and Physical Education by sportauckland.co.nz
“Inspiring our communities to live Healthy and Active Lifestyles”

1. Choose at least 2 activities to complete from each category. Strive to do something every day.
2. Once you complete each activity answer the question that goes with it.
3. At the end of the week complete the reflection questions.
4. Ask someone in your family to take a video of you completing your activities. ~~You can save your videos to your distance learning folder. (Don't forget to share the name of the activity you are doing and the answer to the question)~~

Challenge Yourself	Get Creative	Get Physical
<p>Do 5-10 minutes of the following:</p> <p>Yoga</p> <p>Zen den mindfulness</p> <p>Breathing activities</p> <p><i>Question: How did these activities make you feel?</i></p>	<p>Obstacle course</p> <p>Invent an obstacle course for yourself and your family. Either inside or outside and complete it.</p> <p>Tip: include under, over, around, jump and through objects</p> <p><i>Question: What did you learn from this process? What would you do next time?</i></p>	<p>Dance!</p> <p>Les Mills Born to Move workout.</p> <p>Jump Jam</p> <p>Go Noodle</p> <p>Footsteps dance tutorials</p> <p><i>Question: Are workouts better with music or without music? Why?</i></p>
<p>Trick shot challenge</p> <p>Make up a Dude perfect trick shot. Use any equipment you can find around your house. eg: large or small ball. Take a video and upload it to Class Dojo</p> <p><i>Question: What changes did you need to make to succeed?</i></p>	<p>Footpath Games</p> <p>Use chalk (or stones/bark) to Create some footpath games.</p> <p><i>Question: How can you make this easier/harder?</i></p>	<p>Bike ride</p> <p>Go for a local bike ride with family.</p> <p><i>Question: How did you keep yourself and others safe on your ride?</i></p>
<p>Sock Basketball</p> <p>Ball up a few pairs of socks, get a laundry basket and take turns challenging members of your house.</p> <p>Tip: to make it harder try a small basket or move further away</p> <p><i>Question: What other household items could you use to play this game?</i></p>	<p>Indoor Croquet</p> <p>Using a small ball and some sort of stick, create an Indoor Croquet course.</p> <p>If you don't have a small ball swap out for a tightly rolled up piece of paper</p> <p><i>Question: How could you change it to make it harder for older members of your household or easier for younger members?</i></p>	<p>Home Olympics #1</p> <p>With members of your house (or against yourself) set up a series of Olympic events to compete in.</p> <ul style="list-style-type: none"> - egg and spoon or hopping race - 'keep it up' with a toilet roll of rolled up sock. - sock shot: with a rolled up sock choose target to throw at. farthest away wins. <p><i>Question: Is there a difference when you are competing against a family member and when you are just challenging yourself? If so, what? and which do you prefer?</i></p>

Impossible challenge #1 While standing, bend over and touch your toes with your hands while keeping your knees slightly bent. Try jumping backwards, now try jumping forward. <i>Question: What made doing this activity hard?</i>	SoftToy bowling Find a long space like a hallway as a bowling alley. Find 10 objects (not breakable) as pins. Set them up in a triangle. Use a soft toy as a bowling ball and play! Challenge members of your household? <i>Question: Are you more successful the harder you throw or softer? Why?</i>	Frisbee Golf If you have a frisbee or just something flat that you can throw. Go to your local park or golf course and play frisbee golf. Rules- get your frisbee to your target in the least number of throws (create your own targets). Play as many holes as you feel like. <i>Question: Did my frisbee throwing get any better? Why/ why not? What influenced the flight of the disc?</i>
Letter box cricket While on a walk around your block play cricket! Letterbox Cricket <i>Question: What other subject are you learning while doing this?</i>	The floor is Lava! Create a course inside and outside your house using everyday objects. You <u>can't</u> stand on the ground. Challenge others in your house to a time trial. Be safe! <i>Question: What physical skills did you need to use to get around the course?</i>	Sock Wrestling Find a family member who wants to wrestle (socks on). The aim of this game is to get the sock off the other person. Create your own rules and boundaries. <i>Question: How did the process of creating your own boundaries make the game more or less fun?</i>

At the end of the week answer these questions:

1. What was the most challenging activity you did this week? Why?
2. What were the good things about doing PE this way compared to with your class? Why?
3. What were the bad things about doing PE this way compared to with your class? Why?