

PE and Health Home Activities

Prep to Year 2			
Go on YouTube and search for 'cosmic yoga' and complete one of her yoga routines.	Move around the house like you're different types of animals (snake, bunny, kangaroo, crab, bird, frog, bear, mouse etc.)	Have a go at trying to make a healthy fun snack, by creating an animal using only fruit and vegetables.	Practise catching and throwing a ball with a family member. Every time you catch the ball, step backwards, but if you drop it, step forwards towards each other.
Use magazines to cut out various foods and make a poster showing healthy foods and sometimes foods.	Go on YouTube and search for 'The Learning Station' and complete any of the action songs.	Sign up to the website www.gonoodle.com and take part in some of the active tasks.	Complete 60 minutes of physical activity- riding, walking, jumping on the trampoline, playing a ball game etc.
Website links to activities: https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/ https://www.kidspot.com.au/kitchen/galleries/12-fun-healthy-snacks-kids-can-make-themselves/9wx4ksre?page=4 https://www.familyfuntwincities.com/physical-activities-for-kids/			

Year 3 to 6				
Go on YouTube and search for 'The body coach workout' – Follow one of his exercise routines	Create (and film) your own exercise or dance routine that others could follow.	Go on YouTube and search 'POPSUGAR fitness' and complete one of the exercise routines.	Walk around the perimeter of your long room 20 times. Then rest and feel the speed of your heartbeat. Pay attention as it slows back to normal.	Go on YouTube and search for 'cosmic yoga' and complete one of her yoga routines.
Plan a healthy meal for your family. Remember to include both fruit and vegetables into your menu.	Create a new tag game that could be played with your grade.	Sign up to the website www.gonoodle.com and take part in some of the active tasks.	Create a poster that promotes a healthy message in preventing the spread of germs.	Complete 60 minutes of physical activity-riding, walking, jumping on the trampoline, playing a ball game etc.
Website Links to activities: https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/ https://www.familyfuntwincities.com/physical-activities-for-kids/				