



# Boolaroo Public School

Respect, Responsibility, Excellence



## K-6 PE

<p><u>Throwing and Catching:</u> Practice your throwing and catching skills by passing the ball between you and a family member. Try bounce passes, high passes and chest passes. Challenge: How many times can you pass the ball without dropping it?</p>	<p><u>Obstacle Course:</u> Build your own obstacle course at home. Challenge a family member to complete it.</p>	<p><u>Tic-Tac-Toe</u> Draw a tic-tac-toe board on the ground outside using chalk (alternately make one using string). Race a family member to perform a movement (run, jump, hop etc) to the tic-tac-toe square. Drop an item into the square (toy etc). The first to fill three squares in a row (across, down, diagonally) is the winner.</p>	<p><u>Cosmic Kids Yoga</u> Type 'Cosmic Kids Yoga' into Youtube and choose a video to do.  <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>
<p><u>Nature Treasure Hunt</u> Hunt around your yard for a:</p> <ul style="list-style-type: none"><li>• Long leaf</li><li>• Stick in the shape of a fork</li><li>• Pretty flower</li><li>• Rectangular piece of bark</li></ul>	<p><u>PE with Joe</u> Youtube PE with Joe and choose a PE workout video to do. <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></p>	<p><u>Timed Exercises:</u> How many reps of each activity can you do in a minute?</p> <ul style="list-style-type: none"><li>• Sit ups</li><li>• Push ups</li><li>• Star jumps</li><li>• Hops</li><li>• Step ups</li></ul>	<p><u>Dance party!</u> Put on some music and bust out your best dance moves.</p>

		<ul style="list-style-type: none"> <li>• Toe touches</li> <li>• Jump rope</li> <li>• Burpees</li> </ul>	
<p><u>Go Noodle</u></p> <p>Type 'Go Noodle' into Youtube and choose a fun brain break activity to do.</p> <p><a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></p>	<p><u>Animal Charades:</u></p> <p>Perform different animal movements. Pretend you are a:</p> <ul style="list-style-type: none"> <li>• Ant</li> <li>• Penguin waddle</li> <li>• Lion</li> <li>• Elephant stomps</li> <li>• Bear walk</li> <li>• Crab crawl</li> </ul>	<p><u>Relay Races</u></p> <p>Relay races with a family member. Ideas could include:</p> <ul style="list-style-type: none"> <li>• Hopping</li> <li>• Galloping</li> <li>• Side stepping</li> <li>• Partner races- link elbows, arms around shoulders</li> </ul>	<p><u>Fun Game</u></p> <p>Play a fun game or do an activity outside with your family. Ideas could include:</p> <ul style="list-style-type: none"> <li>• Trampoline</li> <li>• Soccer game</li> <li>• Basketball- shoot hoops</li> <li>• Soccer ball dribbling</li> </ul>