

Physical Education Activities - Years 3-6



<p>YouTube video – PE with Joe 1: https://www.youtube.com/watch?v=Rz0go1pTda8</p>	<p>Fitness Routine: Design your own 10 minute fitness routine including a warm up with stretching. For example, you could touch your toes 10 times, do 10 jumping jacks, run on the sport for 20 seconds, etc.</p>	<p>Riding: Ride your bike or scooter around your backyard or on a path.</p>	<p>Ball passing:</p> <ul style="list-style-type: none"> • To a wall, or to a partner • Chest pass • Shoulder pass • Bounce pass • Hand ball with fist <p>How many successful passes and catches can you get?</p>
<p>YouTube video – PE with Joe 2: https://www.youtube.com/watch?v=4wzoy_J3I_c</p>	<p>Paper, Scissors, Rock - RUN: Play Paper, Scissors, Rock with a partner. Whoever WINS has to run around the backyard before playing again.</p>	<p>Throwing challenge: How far can you throw a ball or soft object? Make sure you go outside for this activity. Try underarm, overarm, chest throw.</p>	<p>Ninja Warrior: Make a ninja warrior course in your backyard. Climb, jump, roll around the course. Time yourself and others.</p>
<p>YouTube video – PE with Joe 3: https://www.youtube.com/watch?v=qGKGNzNbWjU</p>	<p>Target throwing: Set up different objects to aim for. Throw a ball or soft object at these targets. Move back or try from different angles to make it harder.</p>	<p>Ball dribbling: Dribble a ball with your feet (like in soccer) around different obstacles you have set up. Then try dribbling the ball with your hands (like in basketball).</p>	<p>Fitness Routine: Design your own 10 minute fitness routine including a warm up with stretching. For example, you could touch your toes 10 times, do 10 jumping jacks, run on the sport for 20 seconds, etc.</p>
<p>YouTube video – PE with Joe 4: https://www.youtube.com/watch?v=6v-a_dpwhro</p>	<p>Create your own game: E.g. A chasey game, running game or ball game</p>	<p>1 V 1: 1 person versus 1 person game of basketball, soccer, AFL. Create goals using things around the house.</p>	<p>Goal scoring: Set up a laundry basket or large bucket as your “goal”. How many can you get? Try from different positions. Kick with the inside of your foot, kick with a pointed toe, hold ball and then drop and kick.</p>
<p>Human Paper, Scissors, Rock: Face each other and jump on the spot 3 times. On the 4th jump, land with either:</p> <ul style="list-style-type: none"> • feet together to represent “rock”, • feet wide out to the side to represent “paper” • or jump with one foot forward and one foot back to represent “scissors”. 	<p>Skipping rope challenges: Criss-cross the rope as you skip. Turn your body around in a circle as you skip. Double under, spin the rope twice while only jumping once. Skip with another person, still only using one rope.</p>	<p>Ball passing:</p> <ul style="list-style-type: none"> • To a wall, or to a partner • Chest pass • Shoulder pass • Bounce pass • Hand ball with fist <p>How many successful passes and catches can you get?</p>	<p>Under and overs: Partner 1 to hold an elbow plank position and then change to a straight arm plank position, lifting hips up as high as you can. Partner 2 must jump over partner 1 and then crawl under them. How many can you do in 1 minute? Swap with your partner.</p>

