

Phys Ed At Home - Rooms 5, 6 and 8

Exercise should be fun. Instead of "working out," think of it as "exercise fun!" The following page lists some easy exercises—movements and games that you can enjoy and benefit from, and that require little equipment. You can aim to do one of these activities each day or you can repeat the same activity throughout the week. Feel free to take photos or write some feedback about how the activities went and send it to me via Class Dojo. I will be checking and replying to you on Mondays and Fridays - our SPORTS days!. It also a good idea to find your pulse (on the side of your neck is the easiest place). Feel your pulse before any exercise and then again afterwards. It is so good for our bodies to speed up our hearts with exercise and get more oxygen to our muscles!

Six Steps to a Good Warm-Up

To create a warm-up routine, you only need five to ten minutes. Consider a progression like this:

1. Start with slow and easy forward movements, selected from the list below.
2. Begin speeding up those same movements and adding some impact (such as jumping).
3. Shift to a side-to-side movement pattern.
4. Add some angles or zig-zags.
5. Include some dynamic stretches.
6. After the muscles are warm, static stretches are OK - (it's a good idea not to do static stretches when your muscles are cold).



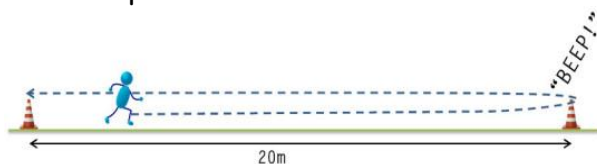
Examples of Warm-Up Exercises for Kids.

A simple walk, jog, or march, in motion or on the spot, can serve as a good warm-up for kids. You can also include any of these:

- **Dancing:** Make up your own moves to music you like.
- **High Knees:** While walking, lift knees high in the air. Intensify by adding arm movements, and/or speeding up the walk to a jog.
- **Butt Kicks:** Exaggerate your jogging steps by reaching your foot toward your bottom (easier to do when jogging on the spot).
- **Walking Lunges:** Step forward with one leg and lower so the knee is at a 90-degree angle and the back leg is stretched out long. Then lift the back leg up and forward so it's bent and in front. Continue alternating lunges while moving forward.
- **Arm Circles or Swings:** Hold arms outstretched from shoulders and turn in small circles, then increase the size of the circles. Or swing arms forward and back from the shoulder.
- **Jumping Jacks:** When you're ready to add some more intensity to your warm-up exercises, incorporate jumping jacks - they involve both arms and legs and add impact to the routine.
- **Side Hops:** Feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.
- **Grapevine:** Walk or jog sideways, crossing one foot in front of the other in an alternating pattern.

20m Beep Test

- Place two markers 20m apart
- Put "beep test" into a google search bar
- Download the mp3 file or play it directly off youtube.
- Try to improve your score each week
- Contact me if you can't work out how to do it and remember do NOT start your next run until the beep has sounded.
- Send your score into Mrs Charman!
- Scores are on the next page if you want to aim to improve.



Sport Training Drills

- Try to remember some drills that your coach did with you for the sports you play.
- There are plenty of netball, footy, basketball and soccer drills online

Frisbee Golf

Set up a Frisbee golf course in your back yard.

- Use laundry baskets and a Frisbee.
- Throw the Frisbee and try to get it to land in the target.
- Each player has three turns each and has to run and get the Frisbee between each turn.



Balloon Tennis

Blow up a balloon and simply hit it back and forth making sure it stays off the floor! Heaps of fun variations to this one:

- Use fly swatters as bats
- Make your own bats with paper plates and cardboard rolls



- Use the couch as a "net"
- Use one foot to keep it in the air while balancing on the other one.

- Use any part of your body EXCEPT your hands to keep the balloon in the air.

Obstacle Course/Circuits



Find things to set up the course
Try and build in a range of climbing under and over things
Build in some zig-zags and some jumping markers so the types of movements are varied along the course.
Check the course for safety BEFORE you start!

Your Own Games

Make up your own fun ideas for getting your heart beating faster!

If you are happy for your ideas to be shared I will include them in future weeks of Phys Ed at Home Activity Grids

Please send it to me on Class Dojo! I will check in on Mondays and Fridays and reply to your posts!



BEEP TEST PERFORMANCE AT AGE LEVELS

Boys

Percentile	< 5	5-20	20-40	40-60	60-80	80-95	>95
Age	very poor	poor	fair	average	good	very good	excellent
9	< 2/2	2/2-3/4	3/5-4/4	4/5-5/4	5/5-6/4	6/5-7/7	> 7/7
10	< 2/2	2/2-3/5	3/6-4/5	4/6-5/5	5/6-6/6	6/7-8/1	> 8/1
11	< 2/2	2/2-3/6	3/7-4/7	4/8-5/8	5/9-6/10	7/1-8/6	> 8/6
12	< 2/2	2/2-3/8	4/1-5/1	5/2-6/4	6/5-7/6	7/7-9/3	> 9/3
13	< 2/4	2/4-4/2	4/3-5/6	5/7-6/9	6/10-8/3	8/4-10/1	> 10/1
14	< 2/6	2/6-4/5	4/6-6/1	6/2-7/4	7/5-8/9	8/10-10/9	> 10/9
15	< 2/7	2/7-4/7	4/8-6/3	6/4-7/7	7/8-9/2	9/3-11/3	> 11/3
16	< 2/8	2/8-4/9	5/1-6/6	6/7-7/10	8/1-9/6	9/7-11/8	> 11/8
17	< 3/1	3/1-5/2	5/3-6/8	6/9-8/3	8/4-9/9	9/10-12/1	> 12/1

Girls

Percentile	< 5	5-20	20-40	40-60	60-80	80-95	>95
Age	very poor	poor	fair	average	good	very good	excellent
9	< 2/2	2/2-3/1	3/2-3/8	4/1-4/6	4/7-5/4	5/5- 6/6	> 6/6
10	< 1/7	1/7-3/1	3/2- 3/8	4/1-4/7	4/8-5/6	5/7- 6/8	> 6/8
11	< 1/6	1/6-2/8	3/1- 3/8	4/1-4/8	4/9-5/8	5/9-7/1	> 7/1
12	< 1/5	1/5-2/8	3/1-4/1	4/2-4/9	5/1-5/9	6/1-7/3	> 7/3
13	< 1/5	1/5-3/1	3/2-4/1	4/2-5/1	5/2-6/1	6/2- 7/5	> 7/5
14	< 1/5	1/5-3/1	3/2-4/1	4/2-5/1	5/2-6/2	6/3- 7/6	> 7/6
15	< 1/5	1/5-3/12	3/2-4/2	4/3-5/2	5/3-6/3	6/4-7/7	> 7/7
16	< 1/5	1/5-3/1	3/2- 4/2	4/3-5/2	5/3-6/3	6/4-7/8	> 7/8
17	< 1/5	1/5-3/1	3/2-4/2	4/3-5/3	5/4-6/4	6/5- 7/9	> 7/9