PHYSICAL EDUCATION DURING REMOTE LEARNING

Dear parents and students,

Social isolation has changed the way we interact and live.

The corona virus has forced many families to stay at home together for an unprecedented period. Students will be likely to spend vast amounts of time in front of screens with games and entertainment, interacting with friends on social media and hopefully some schoolwork.

It is also a fantastic opportunity for parents to enjoy physical activities and games with their children. I am sure over the last three weeks this has already occurred.

I encourage you to continue to undertake daily physical exercise. Walk or ride to the park, walk the dog, fly a kite, kick or throw a ball around, play your favourite games or use your imagination and come up with a new game.

Create a daily challenge for your kids or get them to create a challenge for themselves. I have listed my daily PE routine with my son below.

John’s Daily Challenge’s (with my 6yo son)

1. I have been running 2 laps of the football oval: Aim is 2min or under. (Best is 2.05)
2. 30 basketball shots – Bounce 10 times then shoot – 6 in a row is our record. (10min)
3. Football kicking with my son at the oval – 8 marks in a row is our record. (10min)

For some more ideas to do around the home see the Appendix below.

Please remember:

*if you don’t have the equipment you can improvise!
*the suggested activities are a guide and not prescriptive.
*a paramount goal of physical education is instilling a lifelong love of physical activity. Have fun!

Feel free to contact me if you would have any specific questions or would like to share the physical activities you have been completing.

Kind regards,

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PE Teacher
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APPENDIX

PHYSICAL ACTIVITY AROUND THE HOUSE!

Work through the list of activities below and tick each off as you complete them:

- Walk/run 50 or 100 steps
- Throw a ball at a wall and catch it 20 times (use a ball or scrunched up newspaper)
- Keep a balloon or scrunched up paper ball in the air for 10 hits in a row
- Animal walks – walk into all rooms of your house using your favourite animal walk (eg” bear crawl, kangaroo jump, or inch worm)
- 20 star jumps
- Run on the spot for one minute
- Throw and catch a scarf into the air 30 times – try using different hands
- Make 100 skips
- Create a hopscotch pattern with chalk, tape, socks or ribbons and complete it
- Stand on one foot and throw a ball, soft toy or scrunched up paper ball from one hand to the other
- Play your favourite song and dance
- Make a balance beam/tightrope with a rope, plank or draw a chalk line on the ground and walk on it
- Make an obstacle course with things in your home – you have to go over, under and around!
- Practice your standing long jump – mark a line on the ground to start behind and then jump as far forward as you can. Try 10 jumps and see if you can beat your last jump
- Set up a goal (e.g bin) and try to get 20 kicks in
- Set up some toys or bottles as targets and roll a ball to knock them over. If you knock a target over, step back to make it more challenging
- Make a target on an outdoor wall to throw at with chalk, paper, tape or using bricks. Try to hit the targets 10 times. Move further back to make it more challenging
- Use a hula hoop and try to keep it up as long as possible!
- Read a story book with an often repeated word – if the word is mentioned in the story, you need to do an activity (eg: 5 star jumps)

Think of your own and list them below:

- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________