

Sunshine Beach State School - learning@home

Family Fitness Program -Term 2 2020

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALPHABET EXERCISES Spell your first name by doing the corresponding exercises from the alphabet chart.</p>	<p>1. STAIR RUNNING – Find a set of stairs. Run up and down stairs for 30 seconds. 30 secs rest. Repeat. P-2 Repeat 4 times. Yr 3-4 Repeat 6 times. Yr 5-6 Repeat 8 times.</p> <p>2. YOGA Session A. - See below for Yoga Shapes for your year level. Stretching and flexibility is super important for not only athletes but also everyone in general! Remember some of these require a high level of flexibility so only do the ones that feel comfortable and do not push your body to do something it can't!</p>	<p>AEROBIC (subject to access to park, beach etc.)</p> <p>Jog 2 laps <u>Approx. lap size</u> Prep-Yr1. 300m Yr. 2-4 400m Yr. 5-6 500m</p>	<p>Bucket Golf Game (P-2) Equip- *small ball (or socks) per person. **'hole'- buckets and/or boxes Instructions- 1. Place the 'holes' around to make the golf course. 2. Place items to mark where you throw from 'tee' 3. Take turns at a 'tee' and try to throw the ball into the 'hole'. 4. Continue at each hole until you sink the ball. 5. Go around the golf course and score how many throws each of you require to sink a shot at each hole. Modifications- add handicaps.</p> <p>Juggling (Yr3-6) See below.</p>	<p>AEROBIC (subject to access to suitable area) Run 30secs/walk 30secs. Prep – Yr 1: Repeat for 10mins. Yr 2-4: Repeat for 12 mins. Yr 5-6: Repeat for 15mins. Prep - Yr 1: 10min Yr 2-4: 12min Yr 5-6: 15min</p>

Alphabet Exercises P-3

Arm rolls – Have child lift arms out from their sides and rotate arms in small circular patterns, first forward and then backward.

Butterfly legs – Have child sit on the floor with legs flexed and bottom of feet touching. Then have them flap their legs up and down to resemble the wings of a butterfly.

Crab walk – Have child sit on the floor, lean back on their arms and lift their body up with their legs and arms to walk along the floor resembling the walk of a crab.

Duck walk – Have child squat down and walk on the floor while squatted resembling the walk of a duck. Add having them bend their arms up to make them look like duck wings.

Elephant trunk swing – Have child stand up and lean forward with arms extended and fingers linked together. Once this position is achieved, have child sway their arms left and right resembling an elephant's trunk.

Frog hops – Have child squat down on the floor with their arms in front of them and have them leap forward as far as possible resembling a jumping frog. Do this repeatedly.

Giant steps – Work on stepping the largest steps they can- giant steps by attempting to step out as far as possible each time they move.

High knees – Have child lift alternating knees up to hands for tapping and while marching around the room. Have them lift knees as high as possible.

Insect walk – crawl with stiff straight legs and arms like a stick insect

Jumping jacks – Have child start by standing with arms out to their sides and legs together then have them jump while spreading their legs and feet apart and arms up and over their head. Follow with bringing arms back to sides and legs and feet back together.

Knee squats – Have child start with standing up and then squatting to floor and back up again, repeatedly.

Lunges – Have child step forward with one leg and lower their hips until both knees are bent, then push back up to starting position. Alternate legs.

Mega jumps – Have child try to jump as far as possible forward and then try to jump further each time to beat their last distance.

Neck rolls – Have child stand or sit to roll their neck and head in a circular pattern from left to right and from right to left.

Overhead stretches – Have child reach up overhead, link fingers together and stretch arms up as high as possible. Add standing on tiptoes to make it really high.

Push-ups – Have child lie on the floor and push their body up with their hands and arms. If a regular push-up is too difficult, complete knee push-ups by simply weight bearing on flexed knees while completing push-ups rather than trying to weight bear on toes.

Quad stretches – Have child perform, sit to stands and stand to sits, while sitting in a chair. Do this repeatedly.

Run in place – Have child run in one place for a specific amount of time such as while counting to 20.

Snake slither – Have child lie on their stomach and move their body forward trying to keep as much of their body in contact with the floor as possible, similar to an army crawl.

Toe touches – Have child stand and bend over to touch their toes with their fingers and back up to standing. Do this repeatedly.

Under/over maze – Create a maze with furniture- have them crawl under tables and over chairs to achieve under/over.

Vertical wall taps – Have child stand beside a wall and jump to tap the wall high, attempting to beat their last height touched with each jump.






ALPHABET EXERCISES – Yr 4 - 6

A: 50 jumping jacks	N: 40 jumping jacks
B: 30 crunches	O: 30 squats
C: 40 squats	P: 30 mtn. climbers
D: 10 push ups	Q: 15 push ups
E: 1 minute wall sit	R: 2 minute wall sit
F: 2 minute wall sit	S: 15 burpees
G: 20 squats	T: 1 minute plank
H: 30 jumping jacks	U: 40 jumping jacks
I: 10 burpees	V: 1 minute wall sit
J: 2 minute plank	W: 30 squats
K: 20 mtn. climbers	X: 25 crunches
L: 15 push ups	Y: 10 push ups
M: 20 lunges	Z: 30 lunges

Yoga Shapes P-Yr 3 Yoga Poses

SWAMP YOGA

5 easy yoga poses for kids

-  1. Pretend to be an egret.
-  2. Pretend to be a moorhen.
-  3. Pretend to be an alligator.
-  4. Pretend to be a rat snake.
-  5. Pretend to be a turtle.

KIDS YOGA STORIES

Yoga Shapes Yr 4-6 Yoga Poses



FP1. Dead Body FP2. Cobra FP3. Locust FP4. Full Locust FP5. Bow FP6. Fixed Firm

FP7. Half Tortoise FP8. Camel FP9. Rabbit FP10. Head to Knee FP11. Spine Twisting FP12. Blowing in Firm

Juggling instructions

Step 1

- Hold a ball in each hand.
- Throw and catch with your right hand, then throw and catch with your left hand. Repeat.
- Note that each ball stays in the same hand.

Step 2

- As per step one except you can throw the second ball when the first ball is at its highest point.
- Pattern is throw, throw, catch, catch.

Step 3

- As per step two except the pattern is continued for three alternate hand throws.
- Throw RT, Throw LT, Throw RT.
- Each time throw the next ball when the previous is at its highest point.
- Do not swap hands i.e. the same ball always stays in the same hand.

Step 4

- Same as Step 3 except the pattern continues for four or five or more consecutive throws but remember each ball stays with the same hand.

Step 5

- This time you are going to use only one hand to juggle two balls. Throw the second ball when the first one is at its highest point. Start with first ball held between thumb and first two fingers only and the other ball held under fourth finger and pinky finger.

Step 6

- After you have mastered step 5 you are ready to juggle 3 balls. Start with two balls in your preferred hand. Throw the first ball from preferred hand. However this time it will be caught with the opposite hand. Next ball is throw from other hand when first ball is at its highest point. Pattern continues.