

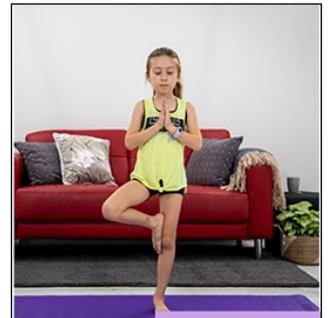
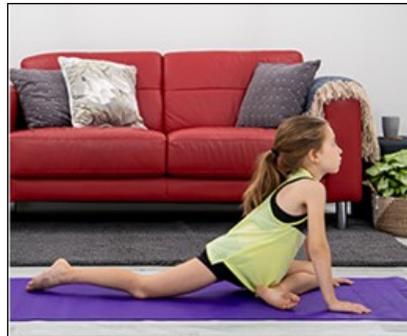
# Sunshine Beach State School - learning@home

## Family Fitness Program -Term 2 2020

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Create a 10m x 10m square in your yard, park or beach.</p> <p>Get around the square as fast as you can doing the following:</p> <ul style="list-style-type: none"> <li>-Run forwards</li> <li>-Sideways shuffle facing out</li> <li>-Sideways shuffle facing in</li> <li>-Run backwards</li> <li>-Front crawl</li> <li>-Hop on 1 foot-alternate each side of square.</li> <li>-Backwards crawl</li> <li>-Crab walk</li> <li>-Jump forwards</li> </ul> <p>P-2 Repeat 3 times. Yr 3-4 Repeat 5 times.</p>	<p><b>1.Warm Up:</b> Run in place for 30 seconds in every room in your house. (Preps and Year one can do 20 seconds)</p> <p><b>2.Yoga 2 Session B</b> Stretching and flexibility is super important for not only athletes but also everyone in general!</p> <p>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>See below for yoga shapes for your year level.</p>	<p><b>Aerobic</b> (subject to access to park, beach etc.)</p> <p>Jog 2 laps, walk one lap</p> <p><u>Approx. lap size</u> <b>Prep-Yr1.</b> 300m <b>Yr. 2-4</b> 400m <b>Yr. 5-6</b> 500m</p>	<p><b>Skills</b> Backyard Blast activities. See below.</p>	<p><b>Aerobic</b> (subject to access to suitable area)</p> <p>Find a nearby footpath or bike track. Enjoy skating, scooting or bike riding.</p> <p><b>Prep - Yr 1:</b> 15/20min <b>Yr 2-4:</b> 20/25min <b>Yr 5-6:</b> 25/30min</p>

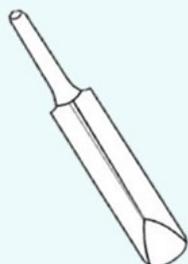
### Prep to Year 3 yoga



### Year 4-6 yoga



# BACKYARD BLAST



## ACTIVITIES



FOR WHEN YOUR SCHOOL YARD IS YOUR BACKYARD!

### CLASSIC CATCHES

SKILL	PARTICIPANTS	EQUIPMENT
Throwing and Catching	2 or more	1 ball

#### Instructions

Pair stands 3-5m apart with 1 ball  
Underarm back and forth taking turns throwing and catching

#### Variations

- Catch with 1 hand and alternate hands
- Clap before catching the ball
- Catch with one eye closed
- Catch at different levels e.g. feet, knees or chest
- Catch while standing on one leg

#### Substitutions

If you are struggling with catching you can use a hat/cap, flip the hat upside down and use it to catch the ball.

If you don't have a partner these drills can be done on their own to yourself or against a wall.

If you don't have a cricket blast ball you can use a tennis ball, handball or even fold up some socks!

#### Challenge

Make as many catches as you can in 1 minute.

Now you have a score to beat!



### CRICKET WALL BALL

SKILL	PARTICIPANTS	EQUIPMENT
Hand-Eye Co-ordination	1	1 ball

#### Instructions

Stand 2m away from a wall with 1 ball.  
Underarm back and forth alternating catching hands.

#### Variations

- Catch while standing on one leg.
- Catch at different levels e.g. feet, knees or chest.

#### Substitutions

These can also be accomplished against a fence.  
If you don't have a tennis ball you can use a handball.

#### Challenge

Make as many catches as you can in 1 minute.  
Move closer to the wall to speed up your catching.  
Try adding another ball, this will really test your skills!