

Physical Education – Stay at Home Package

1. Jump Jam – an aerobics program students do at school. If parents can access the program at home.
2. Cosmic Yoga – an online free yoga program for children. www.cosmickids.com
3. Youtube kids yoga videos.
4. Just Dance clips online.
5. Go Noodle online program. Free movement and mindfulness videos. www.gonoodle.com
6. This website has a range of at home PE activities for students to do
<https://openphysed.org/activeschools/activehome>
7. Practice skipping, hopping, galloping and side stepping.
8. Practice throwing and catching. Use various sized balls. Can practice alone or with a parent or sibling. If by themselves they can throw the ball in the air and catch, adding in claps or tricks between the throw and catch to make harder. If with a partner they can practice chest passing, bounce passing and shoulder passing. If you don't have any balls at home other items can be used such as a teddy bear.
9. If have a basketball at home practice dribbling skills.
10. If have a soccer ball at home practice dribbling skills.
11. If have a football at home practice handballing and kicking (if enough space).
12. If have a cricket set at home practice batting and bowling.
13. If have a skipping rope at home practice skipping.
14. Older students can discuss or write about being offensive and defensive in sport. Can also watch clips of sporting games online and take notes of what the players do offensively and defensively.
15. Students can watch clips of running, jumping and throwing and also search the steps that break down each skill, learning how to improve on their own technique.
16. Watch old Olympic events online. Usain Bolt is always a favourite.
17. Learn about the 2020 Olympic Games being held in Japan, if it goes ahead. A great resource package for students is online at the Olympic Museum website called 'Experiencing & Discovering the Olympic Games: Special Tokyo 2020 Edition' as well as lots of other activities to do with the Olympics.
<https://www.olympic.org/museum/visit/schools/teaching-resources>
18. Watch movies to do with sport. Cool Runnings is a great movie that show overcoming adversity, working as a team and sticking it out when things get tough. It is loosely based on real life events surrounding the formation of the Jamaican bobsled team for the Olympics. Some other movies include: The Mighty Ducks, The Karate Kid, The Sandlot, Kicking and Screaming, Air Bud, Remember the Titans, Space Jam, Angels in the Outfield.