



# Upper Yarra Primary Schools Sports Association

Co Andrew Devisser Launching Place Primary  
Ph 5964 7783 Mobile 0439 034 278 Fax (03) 5964 6171  
website: [www.ssv.vic.edu.au](http://www.ssv.vic.edu.au)



## PE at Home Activities Weeks 5 and 6

Hi children and parents,

We are now into Week 5 and the competition is very close. The activities have changed once again so that you get a bit of variety. You can now enter your scores until late Friday evening. We're still on about 30 schools who are participating and at this stage any school can still be the overall winner.

This is the last 2 weeks of our program as we are starting to see students returning to school .....Yippee ☺

We should be able to announce the winners in the first week of June and hopefully your certificates will be at your school by the end of that week.



So here are some guidelines:

- Honesty is everything. There is no greater gift you will be given than when people trust you.
- Only do each set of activities once each day and so long as you do it 5 times in a week, that means you can have 2 days off.
- We will change the activities every 2 weeks if required but the Fun Run will remain a constant.
- From time to time your school might send you other activities you can do just to keep your fitness and skill levels up.
- Every now and then you might get a quiz related to our trip. Have a go with your family and see how close you can get to the top of the leader board.
- Schools will be divided into groups to get an overall winner. Group 1 = 50 students or less. Group 2 = 200 students or less and Group 3 = More than 200 students. Each group will have a school winner

So let's get started:

Equipment you will need for our 3<sup>rd</sup> week: 2 cones (or bags or any sort of marker), a couple of extra bags, a tape measure and maybe a calculator, a timer like a stop watch or even the timer on your phone, a tennis ball, (or bean bag or scrunched up paper taped together), a ball about soccer ball size. Skipping rope (or rope, an old towel or sheet or even a hoop)

# Activity 1

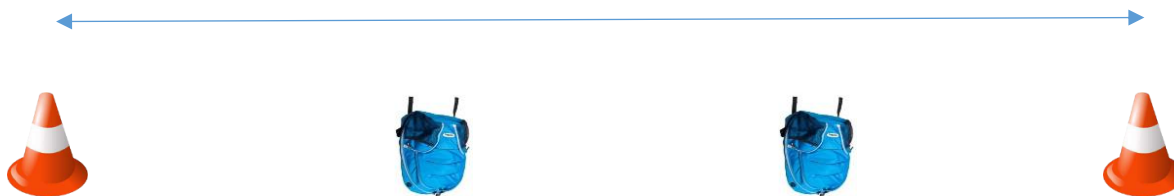
## The Biggest Fun Run Ever

With all of us running together how far can we get? We've reached Batemans Bay in NSW in our first week. Each week we'll add up all your scores, yep ... everyone's, and we'll put it on a google map and see how far we can get. The following week we'll add the next set of scores to our previous sets of scores and so on.



This activity will last for the duration of our home schooling, we might just change the way we travel between the cones each couple of weeks.

10 metres



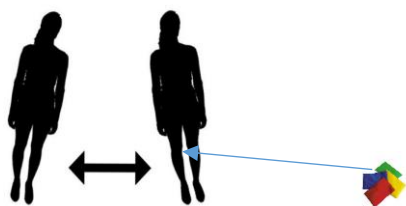
Ok so here's what we'll do. Set the cones exactly 10 metres apart, not 10 steps or a good

guess but exactly 10 metres so that means using a tape. Put a couple of bags (eg school bag or a bag filled with something like dirt) evenly spaced between the outside cones. Now set a timer for 5 minutes or have someone time you. What you do now is start at 1 cone and run, jog or walk to the other one but you must jump over the bags as you go. Place your toe past the outside cone and then head back. Keep doing this for 5 minutes exactly counting each length as you go. Record how many lengths you do on the score card below. Only do this once a day. Now who else in your family is having a go?

## Activity 2

### Bean Bag Side Jump

You'll need to find a bean bag, a small ball or even a couple of socks rolled together and place between your knees. Jump sideways over a line and then return back over the line. Keep going until 30 seconds is up. If the bean bag, ball or socks fall down then you have to stop and reposition the object between your knees and keep going. Count each side jump over the line that you can do in 30 seconds. Make sure the jumps are to the side.



Put a bean bag or similar between your knees before you jump.

Place your score on the card below

### *Activity 3*

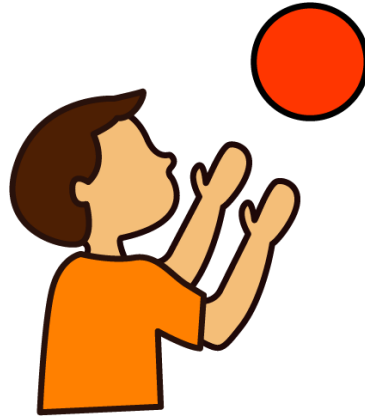
### *Rebound and Catch*

So long as you've got a tennis ball you're set. Otherwise any sort of bouncing ball will have to do. So here's the deal. 1 minute time limit, throw the ball against a wall (or door) and catch as many times as you can in 1 minute. Only count your catches. Who have you got to time you? We'll change the level of difficulty for this one. You must also be standing upright when you throw the ball against a wall. Find a hard spot for the ball to bounce back.

Prep to 2s have no claps (Preschoolers no claps)

3s to 6s have 1 clap .... Parent and friends the same.

Put your score on the card below.



### *Activity 4*

### *Circular Soccer*

You'll need 1 cone or bag or marker and ideally a soccer size ball but any ball will do, even a tennis ball. Set the timer for 1 minute and then have someone and mark your starting position. Only using your feet dribble the ball in a tight circle around your marker in any direction you like. Count how many times you went around your cone in the 1 minute. Record it on the card below.



## Activity 5 Slap and Catch

Players have one minute to try and throw a tennis ball (ban bag or rice in a sock will do) up in the air and the slap your thighs before you catch the ball. How many catches can you get in 1 minute? But wait, are you in grade 3 to 6? Then its 2 slaps on the thighs before you catch.

Preschoolers ... how about you just throw the ball up and catch ☺

So      Preschoolers no claps  
          Foundation to Grade 2      1 slap on the thighs  
          Grades 3 to 6 and beyond 2 slaps on the thighs



Add your score to the card below.

## Activity 6 Lets go Skipping

If you haven't got a skipping rope then grab a bit of rope, what about an old towel or sheet?

You could even use a hoop. Hold each end of the skipping rope or your version of a skipping rope and see how many skips you can do in 1 minute. If your just starting to learn to skip just try stepping over the rope and that counts to. Ok, so its 1 minute .... Go!



# Score Card Weeks 5 and 6



Athletes Name .....

	Monday's Score	Tuesday's Score	Wednesday's Score	Thursday's Score	Friday's Score
<i>Activity 1 The Biggest Fun Run Ever</i>	___ laps x 10 = ___ metres in total	___ laps x 10 = ___ metres in total	___ laps x 10 = ___ metres in total	___ laps x 10 = ___ metres in total	___ laps x 10 = ___ metres in total
<i>Activity 2 Bean Bag Side Jump</i>	___ jumps	___ jumps	___ jumps	___ jumps	___ jumps
<i>Activity 3 Rebound and Catch</i>	___ catches	___ catches	___ catches	___ catches	___ catches
<i>Activity 4 Circular Soccer</i>	___ laps	___ laps	___ laps	___ laps	___ laps
<i>Activity 5 Slap and Catch</i>	___ catches	___ catches	___ catches	___ catches	___ catches
<i>Activity 6 Lets go skipping</i>	___ skips	___ skips	___ skips	___ skips	___ skips

On Friday before you go to bed transfer these scores on to your form and hit "SUBMIT" and it will be transferred into our Control Centre and it will work out your grade levels scores and averages and your school as a total. It will also keep your records and provide you with a certificate at the end of our program. If you submit after midnight your scores won't be lost, it will just mean they will be added on next week.

Challenge is on .... It's up to you.  
Check in on Mondays to see how we're all going ☺

Here's the link for the form: [PE at Home Interschool Challenge](#) Click on it.  
or paste this into your browser:

<https://docs.google.com/forms/d/1QSYguEY6Z3PyONMqyzAMR8LbhaxeuTBKVMD0fDCUDIE/edit?usp=sharing>