

# PDHPE

## CHOICE BOARD

ES1 and S1 – Term 3, Week 1 & 2  
Select 3 activities each week from below:

<p><b>Catching</b></p> <p>Follow the link below to watch the episode and join in the catching fun with Sam and Victor.</p> <p><a href="#">GetActive@Home – Episode</a></p>  <p>Kindergarten to Year 2</p>	<p><b>Keepy Uppy Challenge</b></p> <p>Challenge yourself and see how many keepy uppy's you can do.</p> <p>Click on the link below to get some inspiration</p> <p>Feel free to film your smooth moves and email it through to Mr. DJ.</p> <p><a href="https://www.youtube.com/watch?v=EUa6dSrkh-4">https://www.youtube.com/watch?v=EUa6dSrkh-4</a></p>	<p><b>Full Body Workout</b></p> <p>Click on the link below for a full body workout</p> <p><a href="#">Full Body Indoor Workout for Kids - Limited Space &amp; No Equipment for K-5 - YouTube</a></p>
<p><b>Throwing- underarm</b></p> <p>Follow the link below to watch the episode and join in the throwing fun with Sam and Victor.</p> <p><a href="#">GetActive@Home – Episode</a></p>  <p>Kindergarten to Year 2</p>	<p><b>Jump Rope Challenge</b></p> <p>If you are a beginner, the challenge is to get practicing and challenge yourself to complete at least 2 skips</p> <p><a href="https://www.youtube.com/watch?v=KYiSiTGd2_I">https://www.youtube.com/watch?v=KYiSiTGd2_I</a></p> <p>If you can already jump rope, see how many you can complete before fail.</p>	<p><b>Stretch it Out</b></p> <p>Feeling tight in the muscles from all the computer work? This link will help</p> <p><a href="#">SUPER SIMPLE STRETCHES For Kids &amp; Gymnasts - Build a STRONG Body - YouTube</a></p>
<p><b>Throwing - overarm</b></p> <p>Follow the link below to watch the episode and join in the throwing fun with Sam and Victor.</p> <p><a href="#">GetActive@Home – Episode</a></p>  <p>Kindergarten to Year 2</p>	<p><b>Stick and Ball Keepy Uppy Challenge</b></p> <p>Find any stick, bat, racket, club or stump and a ball. Challenge yourself to see how many keepy uppy's you can do.</p> <p>Click the link to see one of the best in action.</p> <p><a href="https://www.youtube.com/watch?v=gvdDZ7o9Ng">https://www.youtube.com/watch?v=gvdDZ7o9Ng</a></p>	<p><b>Heart Pumper</b></p> <p>Feel like a challenging workout? Click the link</p> <p><a href="#">Home Workout for Kids - YouTube</a></p>

If you have any questions, please contact Mr de Jager:  
[reg.dejager@det.nsw.edu.au](mailto:reg.dejager@det.nsw.edu.au)