

# PDHPE

## CHOICE BOARD

ES1 and S1 – Term 3, Week 3 & 4  
Select 3 activities each week from below:

<p><b>Laces Kick</b></p> <p>Follow the link below to watch the episode and join in the kicking fun.</p> <p><a href="https://vimeo.com/417383335">https://vimeo.com/417383335</a></p>	<p><b>Overarm Throw Challenge</b></p> <ul style="list-style-type: none"><li>- Find some empty plastic bottles around the house.</li><li>- Set them standing up in a group together.</li><li>- Step 15 big steps away from the bottles.</li><li>- Find some soft balls (tennis ball is good) or rolled up socks and have a go at hitting as many bottles down using the overarm throw</li></ul> <p><i>Feel free to film your challenge and email it through to Mr. DJ.</i></p>	<p><b>Let's Get Physical</b></p> <p>Click on the link below for a full body workout</p> <p><a href="#">Physical Activities For Kids: Get Active At Home! - YouTube</a></p>
<p><b>Foot Skills and Dribbling</b></p> <p>Follow the link below to watch the episode and join in the footwork fun.</p> <p><a href="https://vimeo.com/427909020">https://vimeo.com/427909020</a></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>Yoga Time!</b></p> <p>Feeling tight in the muscles from all the computer work? This link will help</p> <p><a href="#">Yoga for Kids! - YouTube</a></p>
<p><b>Foot Skills and Passing</b></p> <p>Follow the link below to watch the episode and join in the passing fun.</p> <p><a href="https://vimeo.com/448807142">https://vimeo.com/448807142</a></p>	<p><b>Target Kicking Challenge</b></p> <p>Replicate the activity on the link below. Be creative with what you use for goals and cones if you don't have these at home. Also be mindful of your surroundings... use rolled up socks or a soft spongy ball if you are around breakable things</p> <p><a href="#">Individual Soccer Shooting Drills U7, U8, U9 - Shooting Box - YouTube</a></p>	<p><b>? vs ?</b></p> <p>Feel like a workout? Click the link</p> <p><a href="#">This or That!   Family Workout   Roblox Fitness   PE Distance Learning   Open Physed - YouTube</a></p>

If you have any questions, please contact Mr de Jager:  
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