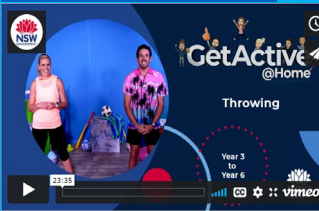



PDHPE

CHOICE BOARD

S2 and S3 – Term 3, Week 1 & 2
Select 3 activities each week from below:

| | | |
|---|--|---|
| <p>Throwing - underarm Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa. GetActive@Home – Episode</p>  <p>Year 3 to Year 6</p> | <p>Keepy Uppy Challenge 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><i>Feel free to film your smooth moves and email it through to Mr. DJ.</i></p> <p>https://www.youtube.com/watch?v=EUa6dSrkh-4</p> | <p>Full Body Workout Click on the link below for a full body workout</p> <p>Full Body Indoor Workout for Kids - Limited Space & No Equipment for K-5 - YouTube</p> |
| <p>Throwing - overarm Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa. GetActive@Home – Episode</p>  <p>Year 3 to Year 6</p> | <p>Jump Rope Challenge If you are a beginner, the challenge is to get practicing and challenge yourself to complete at least 2 skips. https://www.youtube.com/watch?v=KYISITGD2_I</p> <p>If you can already jump rope, see how many you can complete before fail.</p> <p><i>Film and Email to Mr.DJ if you want</i></p> | <p>Stretch it Out Feeling tight in the muscles from all the computer work? This link will help</p> <p>SUPER SIMPLE STRETCHES For Kids & Gymnasts Build a STRONG Body - YouTube</p> |
| <p>Advanced throwing Follow the link below to watch the episode and join in the throwing fun with Adam and Elissa. GetActive@Home – Episode</p>  <p>Year 3 to Year 6</p> | <p>Stick and Ball Challenge Find any stick, bat, racket, club or stump and a ball. Challenge yourself to see how many keepy uppy's you can do. Click the link to see one of the best in action. https://www.youtube.com/watch?v=qgvdDZ7o9Ng</p> <p><i>Send through your videos to Mr.DJ</i></p> | <p>Heart Pumper Feel like a challenging workout? Click the link</p> <p>Home Workout for Kids - YouTube</p> |

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