## Turramurra Public School -Respect, Responsibility, Personal Best



Physical Activity Breaks   Use this grid to complete movement activities to recharge your body.   Use tally marks to record how many times you've done the activity.					
Google "Just Dance Kids", find a song you like and complete the dances!	Make a fitness station circuit around your backyard or inside around your house. Make each station a different physical activity and complete the whole circuit.	Google how to do push ups correctly. Try to do 5 in a row! See how many push- ups you can build up to over 2 weeks.	Choreograph a dance to a fast-paced favourite song. Teach your family the dance or perform it for them tonight.	Find some rope to skip with. Skip in a safe area (balcony, garage, driveway, etc.) for 1minute intervals.	Do 25 star jumps every 5 minutes for half an hour – See if you can do it 3
Make a hopscotch board in your backyard, on your balcony or in the driveway.	Run really fast on the spot for 30 second intervals or 3 minutes.	Complete a 15 minute stretching session (similar to Yoga, but just stretching).	Mark out a 20m step line outside, run up and down it 10 times.	Play musical statues with your family. Alternative option – Every time the music stops, pose in an interesting way.	Create your own family workout session to complete inside.
Design you own music playlist. Have a family disco in your loungeroom or garage!	Each member in your family makes a paper aeroplane. Each time it lands use a different movement (Skipping, hopping etc) to get to when your aeroplane has landed.	Create a new active game (like Survivor Tag), test it out with members of your family.	Scrunch up paper and throw it as far as you can. Walk out the distance foot-to-foot. How many of your feet did you throw it?	Practice some gymnastics moves you learnt with Mr DJ at school. Make sure you have adult supervision and be safe.	Recite your times tables while completing different fitness activities for each number (e.g. sit ups, squats, star jumps). Or you can throw a ball to a family member while doing it.
Complete the at home Exercise session! https://www.youtube.com/watch?v=aHVR2FnTpdk		Develop leg muscle flexibility! https://www.youtube.com/watch?v=H59gVrJ76zg		Get your family to complete this 13 minute family workout session! <u>https://www.youtube.com/watch?v=5if4cjO5nxo</u>	

Stage 2 – Mr Bruscino, Miss Nolan, Mr Huntington, Mrs Levin, Miss Mooy & Mrs Van Roon