

# PE online resources

## Videos

*Warm up, static movement and circuit exercises to really get our kids heart rates up. Includes squats, push ups, planks, jumps, start jumps, stretches, etc*

### Warm up and static movement exercises:

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

[https://www.youtube.com/watch?v=3\\_oIssULEk0](https://www.youtube.com/watch?v=3_oIssULEk0)

### Dancing:

*Fun dance freeze games and dance along games to get our kids moving*

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

<https://www.youtube.com/watch?v=ziLHZeKbMUo>

### Games/activities parents can play with their children:

*These videos outline different games parents can play with their children. No equipment needed.*

<https://www.youtube.com/watch?v=Xk9K1jGeL0g>

<https://www.youtube.com/watch?v=uu2SNcnWvVQ>

<https://www.youtube.com/watch?v=QZc8sivp5yY>

### Online computer games for students to play:

*These online games include creating your own health meals, selecting healthy foods, memory matching game, cooking healthy meals, 5 food group and balance diet games*

<https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>

<https://www.eatforhealth.gov.au/game/index.html>

<http://www.nourishinteractive.com/kids/healthy-games/16-whack-a-snack-food-group-game>

<http://www.nourishinteractive.com/kids/healthy-games/17-falling-food-groups-nutrition-game>

<http://www.nourishinteractive.com/kids/healthy-games/15-matching-meals-food-groups-game>

<http://www.nourishinteractive.com/kids/healthy-games/11-kids-fun-cooking-chef-game>

## Mr Webb's PE favourites (explained)

### Land, sand and sea:

Designate 3 different sections on the floor. One being the **land**, one being the **sand** and one being the **sea**. Make sure your children explicitly understand where each section is. I like to use colours to identify them.

Green = land      Yellow = sand      Blue = sea

When you are ready, call out a section. For example "sand" when you call out this section children are to jump with two feet to that section. Then call out another "land" children jump to the section. It is important that all sections be in close proximity so children can easily jump backwards and forward from one sections to the other. Repeat this until children get comfortable with the sections and the calling out.

Now you can get tricky! Explain that if you call out a section that they are already standing on and they move, then they are out. Build up speed and try and be tricky. Great easy game to get our children moving. Enjoy!

### Wink murderer:

A great game to play if you have lots of people at home. Everyone will sit in a circle. Select one person to be the detective. The detective must leave the room and close their eyes and block their ears. When the detective is gone, select one person to be the murderer. The murderer's job is to wink to people in the circle, if they wink at you, you must lay down to the ground. The murderer is trying to get everyone to lay down, while the detective is trying to catch the person who is winking and stop the murderer before they get everyone.

Call the detective back into the room. Once they are in the room, the murderer can start winking at people and trying to make everyone lay down. The detective should walk around the room trying stop who is winking.

### Target practice:

A great activity to improve students throwing technique. Grab a heap of plastic cups from the cupboard and stack them up somewhere on the floor. If you have a rubber handball or some type of ball that will work best. If not, you can always improvise and use something else, I find that a few pieces of paper tightly scrunched up works great!

Place your plastic cups on the ground and get your children to stand back 5 steps. Using your ball/scrunched paper get your children to start out by underarm throwing to hit the target. Remembering to step forward with the foot that is opposite to their throwing arm. Once students get comfortable, move the target back further. Continuing with the underarm throw. Once students get really comfortable with that, move to the overarm throw. Once again, making sure they step forward with their opposite foot and twist their body while they throw to generate as much power as possible.

### Turtle tag: (A Class favourite)

An awesome game for getting kids outside and running around! The more players, the better. One player will start out as the tagger. Their job is to tag everyone else. If you are tagger by the tagger you must lay on your back, with your legs in the air, like you are a turtle on your back. If another player see's a turtle on their back, they can grab their hands and help them back onto their feet, this player is free to run around again and is back in the game. If you are about to get tagged by the tagger you can become a turtle in your shell! Lay down on the ground, with your head tucked into your legs, you are nice and safe inside your shell and the tagger cannot get you. The tagger must run away and try and tag another turtle. When the coast is clear, hop out of your turtle shell and keep running around! Swap taggers around and play for as long as you want!

