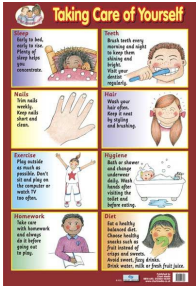

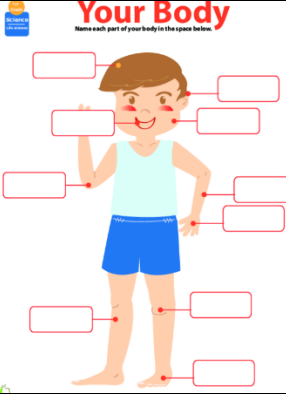






'Learn From Home'

Prep - Health and Physical Education

Learn From Home – Prep HPE Suggestions and guidance for Parents

<p>Week 1</p>	<p>Physical: Parents guide children through designing their own Obstacle course either inside or outside the house. Features could include tunnels under chairs, climbing over furniture, using ladders, planks, trampolines etc. Have siblings assist in the construction then give each child at least 3 opportunities to get their best time for the course. See how competitive they get. 30mins to an hour pending interest and enthusiasm. Good pre afternoon nap activity.</p>	<p>Health: Talk about healthy hygiene habits using the stimulus picture below. Discuss how it helps keep us all healthy by doing these things on a daily basis. Full size diagram on page 5</p> 
<p>Week 2</p>	<p>Physical: Use <i>Cosmic Kids Yoga</i> for 20-30mins. Have students choose their theme for the day. It could be Harry Potter or any other. Choose from the many sessions available on their site. https://www.youtube.com/user/CosmicKidsYoga</p>	<p>Health: Talk about Feelings. What sort of moments make them Feel – happy, sad, angry, calm or peaceful, excited and bored. Have students draw a picture of their favourite feeling and when they feel this the most – 20min guided use the attached diagram to match feelings to their corresponding face Full size diagram on page 6</p> 
<p>Week 3</p>	<p>Physical: Use <i>Just Dance</i> You Tube Channel for 20-30mins – Choose 4-5 of the links below and have students mirror the movements on the videos Waka Waka This time for Africa - https://www.youtube.com/watch?v=gCzgc_RelBA Shaky Shaky https://www.youtube.com/watch?v=GY8327H07to Let It Go – Frozen https://www.youtube.com/watch?v=ERbdjlv6dgg</p>	<p>Health: Draw a picture of your body and name your body parts. Head, eyes, nose, arms, fingers, hands, chest, stomach, legs, feet and toes. Talk about why we need each of these and what their jobs is. Use the images below if you desire. Full size diagram on page 7</p>

	<p>Disney Hot Dog https://www.youtube.com/watch?v=m3jYyTnasTI Trolls-Can't Stop the Feeling https://www.youtube.com/watch?v=KhfkYzUwYFk</p>	 <p>Your Body Name each part of your body in the space below.</p>																																													
<p>Week 4</p>	<p>Physical: Parents guide children through designing their own running race outside the house. Features could include items to climb over or under. Have siblings join in then give each child at least 3 opportunities to get their best time for the course. See how competitive they get. 30mins to an hour pending interest and enthusiasm. Good pre afternoon nap activity.</p>	<p>Health: Have a talk with your child about people who help keep them safe. Talk about their family and friends who make them feel safe. Ask them who makes them feel safe when mum and dad are not around. Draw a picture of 5 people and situations where they have been helped by others who they feel safe with.</p>																																													
<p>Week 5</p>	<p>Physical: Using Fitboost randomly select a series of 3 minute exercise breaks throughout the day or use the Fitboost PDF to create your own fitness circuit with the children. I have used this in class with the children. https://fit.sanfordhealth.org/resources/fitboost-activity?fbclid=IwAR0z-y2MLUHpeEYOswRGbJWhp1FG988KVuGXTKFnnJ6lvEhS5IAZpkbs1lo See attached PDF if you desire.</p>	<p>Health: Complete the Feelings Frequency worksheet with your child. Ask them why they may feel the way they do about each situation after they have completed the task. Full size diagram on page 8</p>  <p>Instructions: Listen to your teacher read each sentence. Then color the face that shows how you feel about it.</p> <table border="1"> <thead> <tr> <th></th> <th>Never</th> <th>Sometimes</th> <th>Most of the Time</th> <th>Always!</th> </tr> </thead> <tbody> <tr> <td>1. I like to come to school.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>2. I can work nicely with others.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>3. I like to share what I think with others.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>4. I like other people to share what they think with me.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>5. I have friends.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>6. My friends are nice to me.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>7. I feel safe at school.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> <tr> <td>8. I feel safe at home.</td> <td>☹</td> <td>☺</td> <td>☺</td> <td>☺</td> </tr> </tbody> </table> <p>My name: _____</p>		Never	Sometimes	Most of the Time	Always!	1. I like to come to school.	☹	☺	☺	☺	2. I can work nicely with others.	☹	☺	☺	☺	3. I like to share what I think with others.	☹	☺	☺	☺	4. I like other people to share what they think with me.	☹	☺	☺	☺	5. I have friends.	☹	☺	☺	☺	6. My friends are nice to me.	☹	☺	☺	☺	7. I feel safe at school.	☹	☺	☺	☺	8. I feel safe at home.	☹	☺	☺	☺
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<p>Week 6</p>	<p>Physical: Get out and play catching and throwing games with your child and/or develop a ninja training course.</p> <ol style="list-style-type: none"> 1) Draw chalk targets on the floor and on the wall for the students to throw their small or large balls at. See the attached Youtube clip for ideas. https://www.youtube.com/watch?v=wjNfrWnOR7s 2) Create a Ninja training course in your backyard with different objects that you and the students can find in the shed. See the attached video for ideas. Spend 	<p>Health: Using the Australian Guide to Healthy Eating discuss with your child the different food groups. Identify items on your dinner plate that fit into each category. Discuss why we should only use the 'Sometimes' foods in small amounts. From the picture ask them which groups should we have the most of and discuss with them the why this is important. Full size diagram on page 9</p>																																													

	<p>30min practicing and then racing each other. For students with age and developmental differences have them challenge their own times across the course rather than race each other.</p> <p>https://www.youtube.com/watch?v=x_fliRzigrM</p>	
<p>Week 7</p>	<p>Physical: PE with Joe. Check out this Youtube channel of different work outs that can be used for mums and dads with their children. There are several sessions you can follow with Joe and he is much better looking than Mr Bradbury. This is a great daily HPE option that you may choose each day or just once a week. The more you do the more benefit for you and your child.</p> <p>https://www.youtube.com/watch?v=6v-a_dpwhro&feature=emb_rel_pause</p>	<p>Health: Following on from last week talk to your children about Healthy and Unhealthy foods. Complete the work sheet on page. For fine motor development colour in the page and circle the healthy items and cross the unhealthy ones. Full size diagram on page 10</p> 
<p>Week 8</p>	<p>Physical:</p> <p>1) Using Fitboost randomly select a series of 3 minute exercise breaks throughout the day or use the Fitboost PDF to create your own fitness circuit with the children. I have used this in class with the children details and resources from Week 5.</p> <p>2) Draw chalk targets on the floor and on the wall for the students to throw their small or large balls at. See the attached Youtube clip for ideas.</p> <p>https://www.youtube.com/watch?v=wjNfrWnOR7s</p>	<p>Health: Complete the Healthy Habits worksheet discussing with your child the reason for their decision and why each is correct or not. Full size diagram on page 11</p> 



Taking Care of Yourself

Sleep

Early to bed,
early to rise.
Plenty of
sleep helps
you
concentrate.



Teeth

Brush teeth every
morning and night
to keep them
shining and
bright.
Visit your
dentist
regularly.



Nails

Trim nails
weekly.
Keep nails
short and
clean.



Hair

Wash your
hair often.
Keep it neat
by styling
and brushing.



Exercise

Play outside
as much as
possible. Don't
sit and play on
the computer or
watch TV
too often.



Hygiene

Bath or shower
and change
underwear
daily. Wash
hands after
visiting the
toilet and
before eating.



Homework

Take care
with homework
and always
do it before
going out
to play.

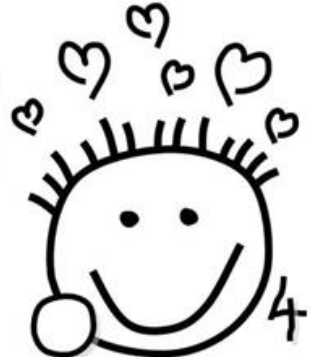
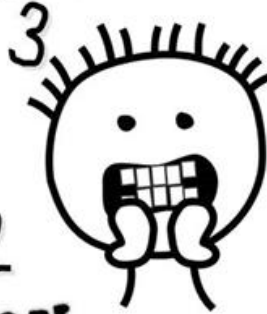


Diet

Eat a healthy
balanced diet.
Choose healthy
snacks such as
fruit instead of
crisps and sweets.
Avoid sweet, fizzy drinks.
Drink water, milk or fresh fruit juice.



Feelings & emotions

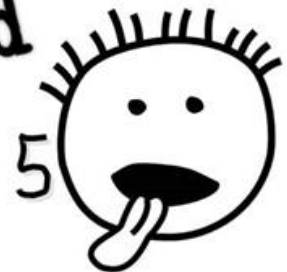


angry

cold

bored

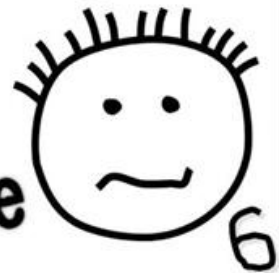
exhausted



frustrated

happy

hot



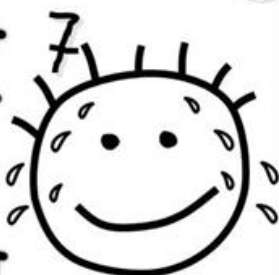
hungry

in love



sad

scared

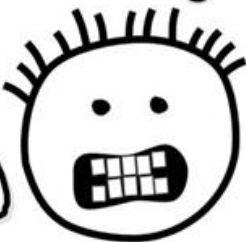


surprised



shy

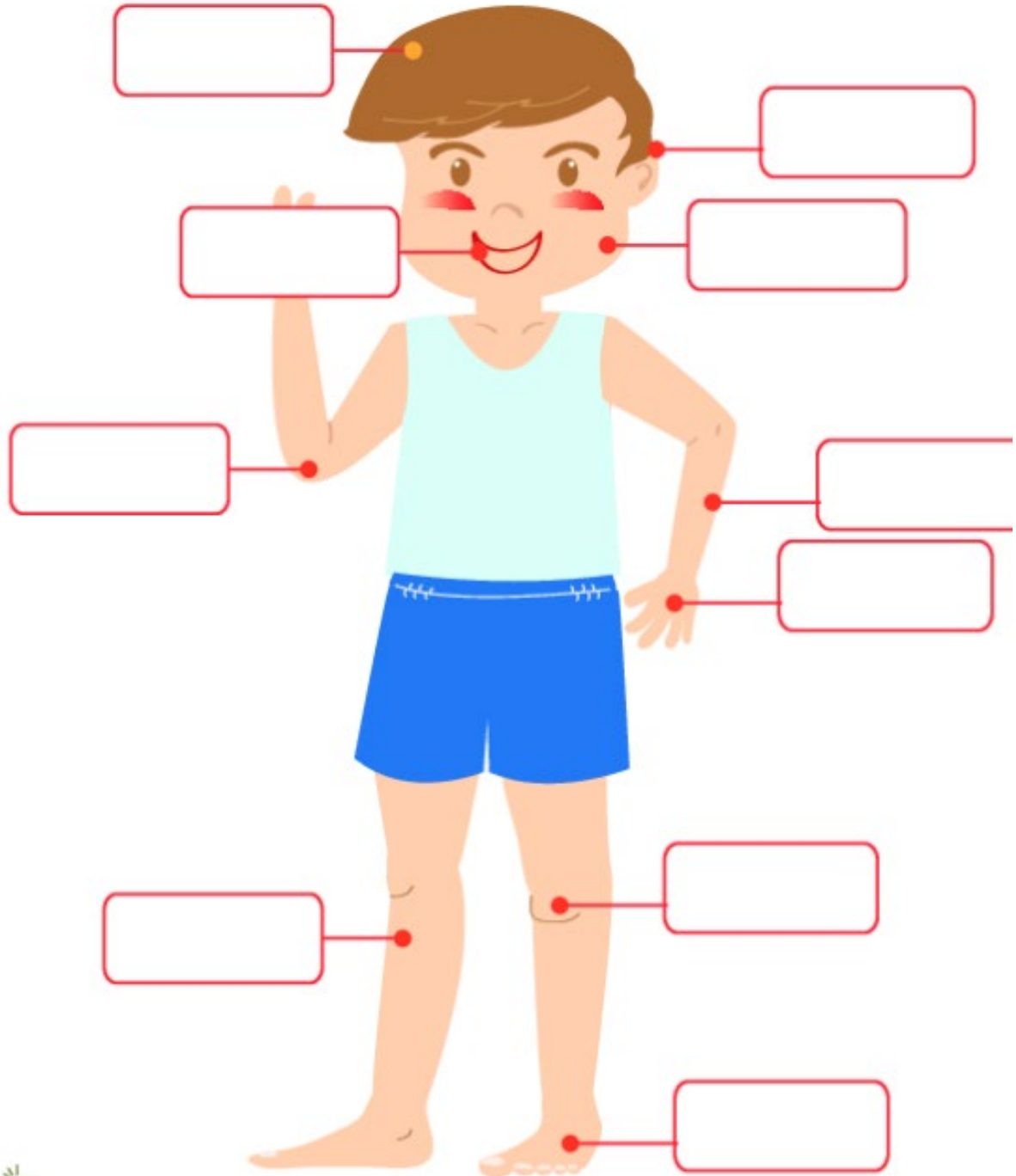
tired



































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Your Body

Name each part of your body in the space below.



Listen to your teacher read each sentence. Then color the face that shows how you feel about it.

	Never	Sometimes	Most of the Time	Always!
1. I like to come to school.				
2. I can work nicely with others.				
3. I like to share what I think with others.				
4. I like other people to share what they think with me.				
5. I have friends.				
6. My friends are nice to me.				
7. I feel safe at school.				
8. I feel safe at home.				

My name: _____



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



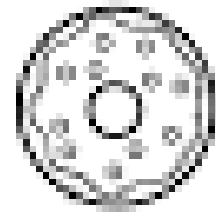
Use small amounts



Only sometimes and in small amounts

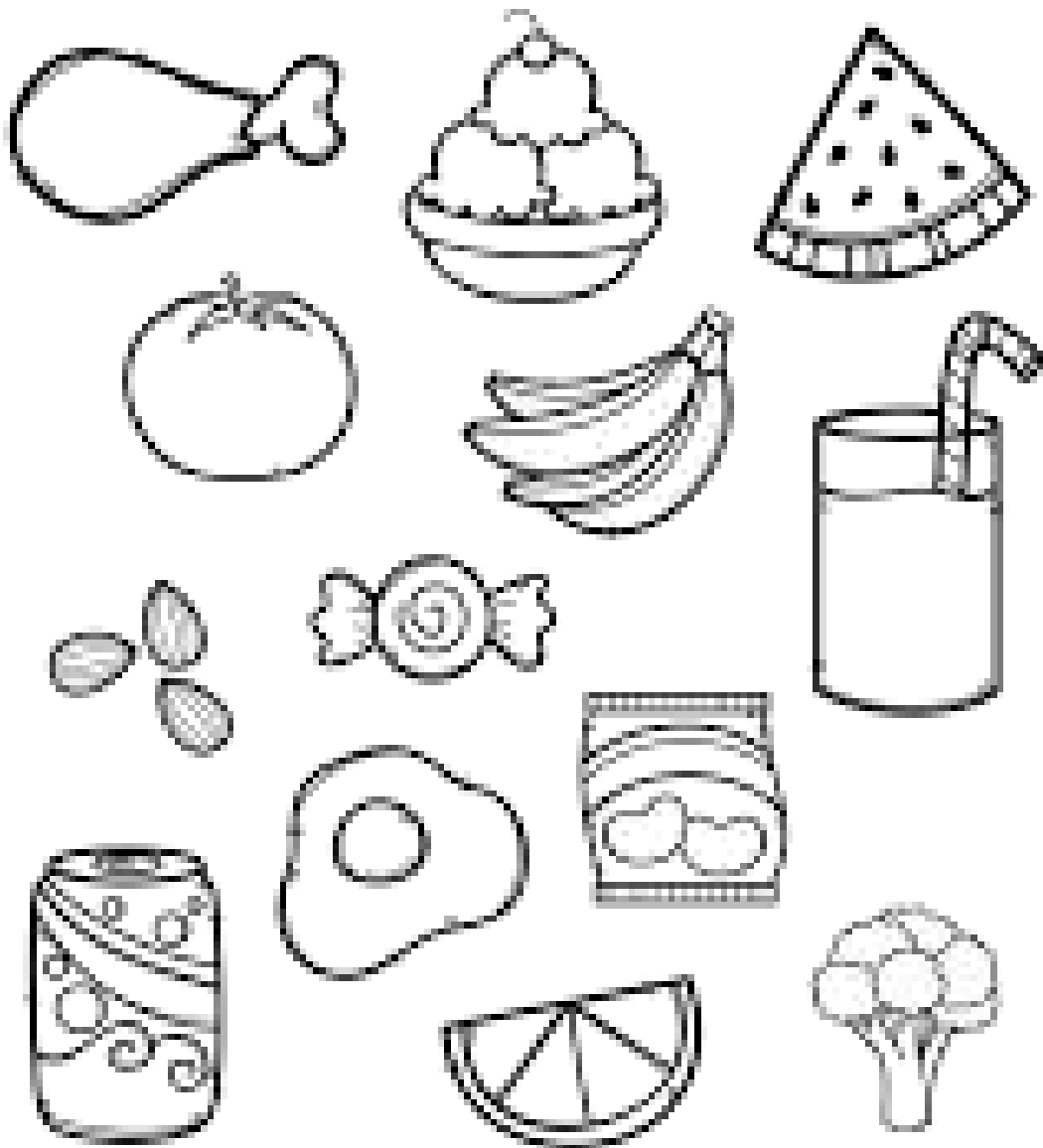


Name _____



Healthy OR Not Healthy?

Cross out the unhealthy foods. Color the healthy foods.



Healthy Habits

