

# Physical Activity Grid



## PHYSICAL ACTIVITY



### Instructions:

During your PE class in remote learning this week you are required to complete a minimum of 30 minutes physical. You are also encouraged to complete 60 minutes of moderate to vigorous physical activity each day. To assist you with physical activity ideas please see a range of options in the table below.

- You can also use your own physical activity ideas, be creative! You may also wish to seek help from your family or search online for ideas.
- There are many benefits of being physically active, particularly during these challenging times. Check out this information from VicHealth: [www.vichealth.vic.gov.au/be-healthy/exercise-covid-19](http://www.vichealth.vic.gov.au/be-healthy/exercise-covid-19)
- Have fun, be active, stay safe and healthy!
- Contact your PE teacher or the PE Department if you having any questions.
- Complete the Physical Activity Logbook (attached to email), get parent signature and submit on Friday 17<sup>th</sup> September in Class Tasks on SIMON.

Bike ride - 30 minutes minimum. Make sure you wear a helmet.	Use a home gym completing 30 mins of weights	Basketball Drills: With Melbourne United: <a href="https://www.youtube.com/playlist?list=PL6iKDROOPiFnuMe_eOshDQTpMBPGaW92-">www.youtube.com/playlist?list=PL6iKDROOPiFnuMe_eOshDQTpMBPGaW92-</a>	Complete an online HIIT workout - <a href="https://www.darebee.com/workouts/maximum-hiit-workout.html">https://www.darebee.com/workouts/maximum-hiit-workout.html</a>	Roll the dice workout <a href="https://www.youtube.com/watch?v=9UivBWjSk48">https://www.youtube.com/watch?v=9UivBWjSk48</a>
Sprint Training 1 X 200m Sprint + 3 X 100m Sprints + 5 X 50m Sprints	Pop Sugar Workout: Select a workout of interest: <a href="http://www.youtube.com/user/popsugartvfit/featured">www.youtube.com/user/popsugartvfit/featured</a>	Night Shift Workout <a href="https://www.youtube.com/watch?app=desktop&amp;v=hl97FY561Lw&amp;t">https://www.youtube.com/watch?app=desktop&amp;v=hl97FY561Lw&amp;t</a>	Kidz Bop – Dance Along (God's Plan) <a href="https://www.youtube.com/watch?v=E5K5GdpYYy">https://www.youtube.com/watch?v=E5K5GdpYYy</a>	Kraken Workout <a href="https://www.youtube.com/watch?app=desktop&amp;v=glezXSferXU&amp;t">https://www.youtube.com/watch?app=desktop&amp;v=glezXSferXU&amp;t</a>
Download Nike Training Club app on your phone: Select a workout of interest: <a href="http://www.nike.com/au/ntc-app">www.nike.com/au/ntc-app</a>	Play table tennis for 30 minutes	30-Minute At-Home Boxing Workout: <a href="http://youtu.be/jCTEVKRTuS8">youtu.be/jCTEVKRTuS8</a>	Cricket Training <a href="https://www.youtube.com/channel/UCricket/search?query=Vitality%20Fit%204%20Cricket">https://www.youtube.com/channel/UCricket/search?query=Vitality%20Fit%204%20Cricket</a>	AFL: Train Like a Tiger with Richmond FC: <a href="http://www.richmondfc.com.au/train-like-a-tiger">www.richmondfc.com.au/train-like-a-tiger</a>
AFL Footy at Home <a href="https://www.youtube.com/playlist?list=PL0oa6vr39nRnfhrrb5itE7aiG3YhCpnWU">https://www.youtube.com/playlist?list=PL0oa6vr39nRnfhrrb5itE7aiG3YhCpnWU</a>	Darebee Workout: Select a workout of interest: <a href="http://darebee.com/workouts.html">darebee.com/workouts.html</a>	Soccer Training Skills Hub <a href="https://www.playfootball.com.au/skills-hub/players">https://www.playfootball.com.au/skills-hub/players</a>	Download the Down Dog App: Select an app and workout of interest: <a href="http://www.downdogapp.com">www.downdogapp.com</a>	Hockey at Home <a href="https://www.hockey.org.au/about/hockeyathome-hub/">https://www.hockey.org.au/about/hockeyathome-hub/</a>
Tennis Drills: <a href="http://youtu.be/AVx7qLZQaR_Q">youtu.be/AVx7qLZQaR_Q</a>	Yoga Recovery <a href="https://www.youtube.com/watch?v=uGkU87MntUI">https://www.youtube.com/watch?v=uGkU87MntUI</a>	Fitness Blender: Select a workout of interest by using the filters: <a href="http://www.fitnessblender.com/videos">www.fitnessblender.com/videos</a>	Connect 4 – Student resources folder (see email)	Yoga with Adriene: Select a yoga workout of interest: <a href="https://www.youtube.com/watch?v=icfwMWYDeac&amp;feature=emb_logo">https://www.youtube.com/watch?v=icfwMWYDeac&amp;feature=emb_logo</a>
Sportopolly – Student resources folder (see email)	Go for a run with the Zombies, Run! App: <a href="http://apps.apple.com/au/app/zombies-run/id503519713">apps.apple.com/au/app/zombies-run/id503519713</a> Download the app on your phone.	Snakes & Ladders – Student resources folder (see email)	Download the HomeCourt App: Select an activity of interest: <a href="http://apps.apple.com/au/app/homecourt-sports-at-home/id1258520424">apps.apple.com/au/app/homecourt-sports-at-home/id1258520424</a>	Bingo – Student resources folder (see email)
Soccer Ball Mastery Workouts: <a href="http://youtu.be/U3N_qXaqrI">youtu.be/U3N_qXaqrI</a> or <a href="http://youtu.be/VguvE8aiWd4">youtu.be/VguvE8aiWd4</a>	NRL at Home <a href="https://www.playrugbyleague.com/league-stars/backyard/">https://www.playrugbyleague.com/league-stars/backyard/</a>	SworKit for Kids: Select a workout of interest: <a href="http://app.sworKit.com/collections/kids-workouts">app.sworKit.com/collections/kids-workouts</a>	Learn to Juggle	NetFit Netball: Select a workout of interest: <a href="http://www.youtube.com/playlist?list=UU_eTdsplsXPBW3Qq-Y5MHng">www.youtube.com/playlist?list=UU_eTdsplsXPBW3Qq-Y5MHng</a>
100 Point Challenge	Uno Fitness (requires a deck of UNO cards) <a href="https://www.youtube.com/watch?v=wXl02-DQTdl">https://www.youtube.com/watch?v=wXl02-DQTdl</a> 30 secs work/10 secs rest Complete for 20 mins	Salesian Letter Workout – Use the word Salesian or your own word (must be at least 8 letters!)	Walk the dog – 30 mins minimum. Teach your dog a new trick.	Tin Can Indoor Golf – Student resources folder (see email)

*Name:*

*Oratory:*

*Date:*