# **Manilla Central School**



# KM Home Learning

Term 3 - Week # 2021

		Timetable:	e: Term 3 Week	: :	
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:10-10:10	<b>English</b> Phonics Camera Words Brain Break + Crunch n' Sip	English Phonics Camera Words Brain Break + Crunch n' Sip	English Phonics Camera Words Brain Break + Crunch n' Sip	English Phonics Camera Words Brain Break + Crunch n' Sip	English Phonics Camera Words Brain Break + Crunch n' Sip
10:10-11:10	Handwriting Reading Writing Task Reading Eggs	Handwriting Reading Writing Task Reading Eggs	Handwriting Reading Writing Task Reading Eggs	Handwriting Reading Writing Task Reading Eggs	Handwriting Reading Writing Task Reading Eggs
Break					
11:40-11:50	Storyline Online	Storyline Online	Storyline Online	Storyline Online	Storyline Online
11:50-12:40	<b>Mathematics:</b> Number Talk Numeral Formation Booklet Activity	Mathematics: Number Talk Numeral Formation Booklet Activity			
12:40-1:40	<b>PDHPE:</b> Fitness	<b>PDHPE:</b> Fitness PDH Content	<b>PDHPE:</b> Fitness	<b>PDHPE:</b> Fitness PDH Content	<b>PDHPE:</b> Fitness
Break					
2:10-3:10	<b>Unit of Inquiry</b> HSIE/Science	<b>Unit of Inquiry</b> HSIE/Science	<b>Unit of Inquiry</b> HSIE/Science	<b>Unit of Inquiry</b> HSIE/Science	Unit of Inquiry CAPA

## **Manilla Central School**



Kindergarten

MONDAY

#### **Phonics**

**Learning Intention:** We are learning to read and write our phonemes in words.

**Success Criteria:** We will be able to use our phonemes to read, make and spell the following words.

**ACTIVITY 1**: Practise saying your phonemes.

**ACTIVITY 2:**Practise writing your phonemes.

**ACTIVITY 3:** Write words below or draw pictures of things that start with the phonemes.

5	M	C	+
g	p	a	0

#### Camera Word Activity Grid

My words for this week are:

the was

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and



Use magnetic letters or scrabble tiles to spell each of your words.







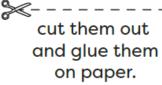
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.







#### **Camera Words**

**Learning Intention:** We are learning to read and write our camera words automatically.

**Success Criteria:** We will be able to read the words and write them from memory.

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	•••	••••	••
•	: : :		•
		•••	• • •

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

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			••••••
<u> </u>	<u>ķ</u>		••••••

#### Reading

**Learning Intention:** We are learning to point to words in our readers.

**Success Criteria:** We will be able to point 1 to 1 and keep track with our finger.

We will be able to identify camera words in the writing. We will be able to identify known phonemes.

Guided readers are in your pack.

#### Writing - Monday

**Learning Intention:** We are learning to write a sentence about the picture, using the words in the word bank below.

Success Criteria: We will be able to write a sentence using:

- Capital letters at the start.
- Spaces between words.
- Say your words slowly and write the phonemes you can hear.
- Full stop at the end.



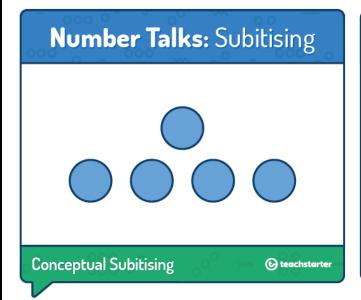
Word bank:			
Write your o	vn senten	ce about Man	illa:

#### **Number Talk**

**Learning Intention:** We are learning to think like mathematicians.

**Success Criteria:** We will be able to talk to an adult about what we notice on the cards below.

Look for combinations you may know, doubles, dice patterns, domino patterns and pairs.



#### **Number Talks: Subitising**

Specific questions to ask include:

- How many dots did you see?
- How did you see it?
- Is there another way to see this pattern?

Perceptual Subitising



#### **Numeral Practise**

**Learning Intention:** We are learning to correctly form our numerals in NSW foundation font.

**Success Criteria:** We will trace each initial numeral and then continue the same formation, with spaces, until the end of the line.

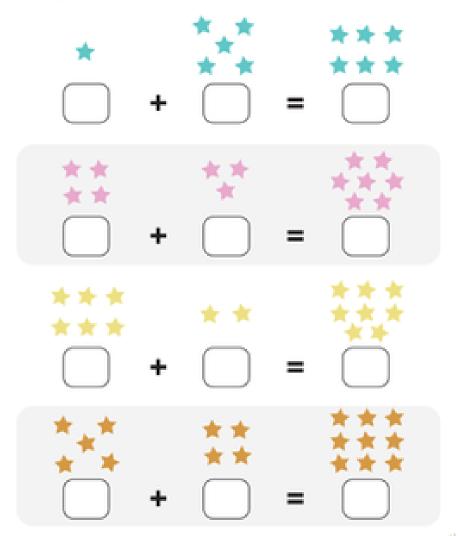
#### **Mathematics Activity**

**Learning Intention:** We are learning to add and subtract numbers to 10.

**Success Criteria:** We will be able to count to 20. Add and subtract to 10.

## Superstar

Count the stars in each group. Write the number in the box. Write the sum in the last box.



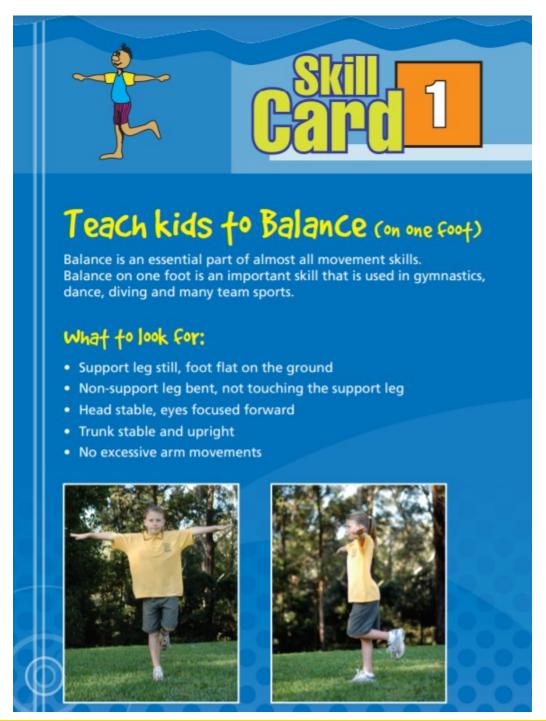
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#### **Fitness**

**Learning Intention:** We are learning to use the skill of balance.

Success Criteria: We will be able to balance on one foot.



Statues (♦ ॐ ﴿ ♠ ) – play music and dance or nominate movement like walk, skip, hop. When music stops freeze on one foot. You can nominate a spot to get to and freeze eg. on the chair, on the step, on the retaining wall.

#### **Unit of Inquiry**

**Learning Intention:** We are learning about different places.

Success Criteria: We will be able to design a home.

#### Task:

Design a dream house below, with a 'birds eye view' so that you can see the layout of each room.

Humpty Dumpty sat on a wall...

## **Manilla Central School**



Kindergarten

# TUESDAY

#### **Phonics**

**Learning Intention:** We are learning to read and write our phonemes in words.

**Success Criteria:** We will be able to use our phonemes to read, make and spell the following words.

**ACTIVITY 1**: Practise saying your phonemes.

**ACTIVITY 2:**Practise writing your phonemes.

**ACTIVITY 3:** Write words below or draw pictures of things that start with the phonemes.

r		d	b
f	h		И

#### Camera Word Activity Grid

My words for this week are:

to are she

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and



Use magnetic letters or scrabble tiles to spell each of your words.







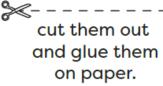
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.







#### **Camera Words**

**Learning Intention:** We are learning to read and write our camera words automatically.

**Success Criteria:** We will be able to read the words and write them from memory.

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	•••	••••	••
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		•••	• • •

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

•	•
•	
•	

#### Reading

**Learning Intention:** We are learning to point to words in our readers.

**Success Criteria:** We will be able to point 1 to 1 and keep track with our finger.

We will be able to identify camera words in the writing. We will be able to identify known phonemes.

Guided readers are in your pack.

#### Writing - Tuesday

**Learning Intention:** We are learning to write a sentence about the picture, using the words in the word bank below.

Success Criteria: We will be able to write a sentence using:

- Capital letters at the start.
- Spaces between words.
- Say your words slowly and write the phonemes you can hear.
- Full stop at the end.



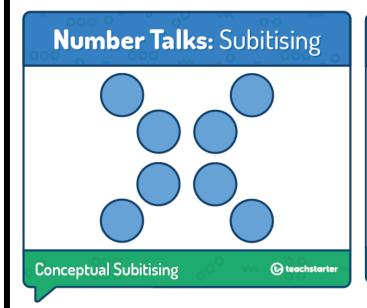
Word bank: where, is, It, go, we, school, to,
Write your own sentence about Manilla:

#### **Number Talk**

**Learning Intention:** We are learning to think like mathematicians.

**Success Criteria:** We will be able to talk to an adult about what we notice on the cards below.

Look for combinations you may know, doubles, dice patterns, domino patterns and pairs.



# Number Talks: Subitising Specific questions to ask include: How many dots did you see? How did you see it? Is there another way to see this pattern?

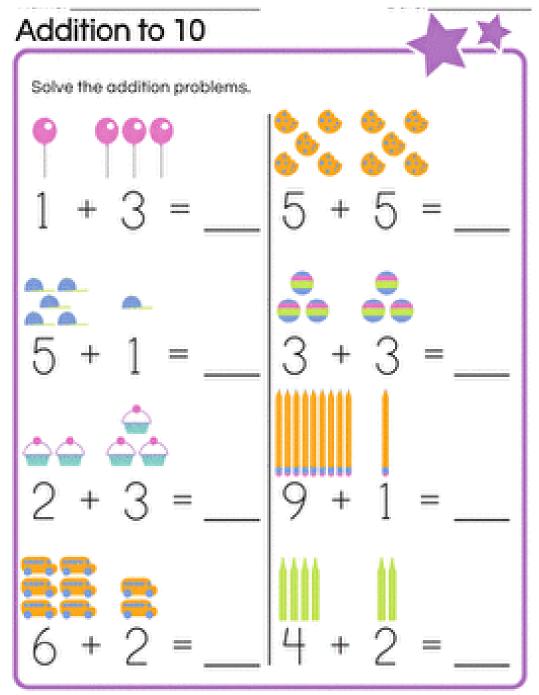
(b) teachstarter

**Perceptual Subitising** 

#### **Mathematics Activity**

**Learning Intention:** We are learning to add and subtract numbers to 10.

**Success Criteria:** We will be able to add and subtract to 10.



#### **Numeral Practise**

**Learning Intention:** We are learning to correctly form our numerals in NSW foundation font.

**Success Criteria:** We will trace each initial numeral and then continue the same formation, with spaces, until the end of the line.

#### **Fitness**

**Learning Intention:** We are learning to use the skill of balance.

Success Criteria: We will be able to balance on one foot.



#### Teach kids to Balance (on one foot)

Balance is an essential part of almost all movement skills. Balance on one foot is an important skill that is used in gymnastics, dance, diving and many team sports.

#### What to look for:

- · Support leg still, foot flat on the ground
- · Non-support leg bent, not touching the support leg
- · Head stable, eyes focused forward
- · Trunk stable and upright
- · No excessive arm movements



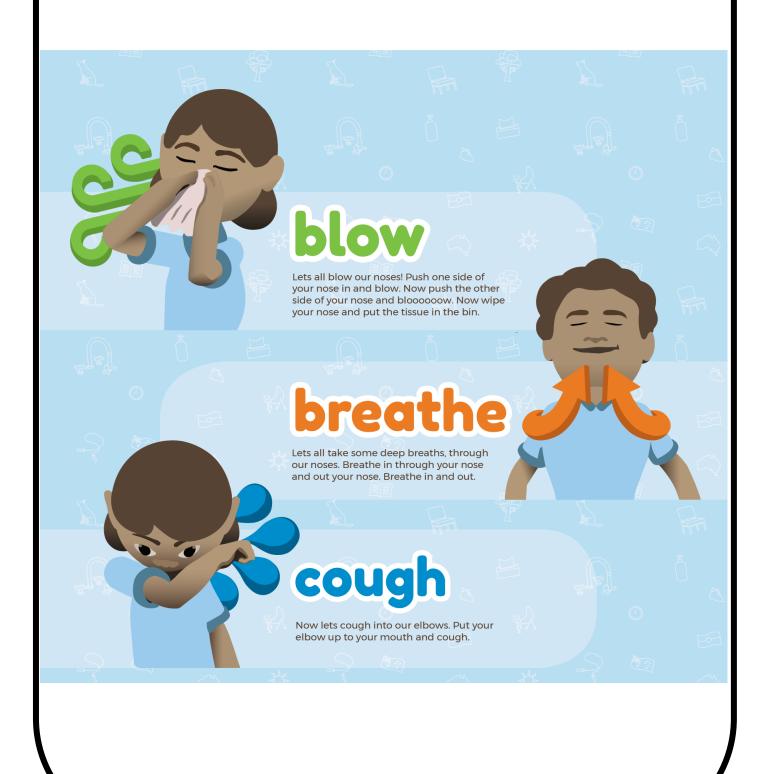


Home Circuit († • • •)— Include a one legged balance for a count of 10 in a circuit of activities to do around the lounge room or backyard eg. 10 push-ups on knees, 10 star jumps, 10 arm lifts above head with can of baked beans in each hand, 10 secs running on the spot, 10 sec static balance. Write each activity on a piece of paper and place around (you can add a travelling activity like skipping between stations). Time each circuit and maybe challenge friends or family.

#### **PDHPE**

**Learning Intention:** We are learning to stay safe and clean.

Success Criteria: We will be able to blow our nose.



#### **Unit of Inquiry**

**Learning Intention:** We are learning about different places.

**Success Criteria:** We will be able to list who will lives in the house I designed.

#### Task:

List the people who live in the house I designed include (you can make this up):

•

•

•

•

Humpty Dumpty had a great fall...

### **Manilla Central School**



Kindergarten

# WEDNESDAY

#### **Phonics**

**Learning Intention:** We are learning to read and write our phonemes in words.

**Success Criteria:** We will be able to use our phonemes to read, make and spell the following words.

**ACTIVITY 1**: Practise saying your phonemes.

**ACTIVITY 2:**Practise writing your phonemes.

**ACTIVITY 3:** Write words below or draw pictures of things that start with the phonemes.

V	W	У	Z
j	k	n	e

#### Camera Word Activity Grid

My words for this week are:

day

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and

them out.

Use magnetic letters or scrabble tiles to spell each of your words.







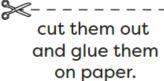
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.







#### **Camera Words**

**Learning Intention:** We are learning to read and write our camera words automatically.

**Success Criteria:** We will be able to read the words and write them from memory.

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	•••	••••	••
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#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

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#### Reading

**Learning Intention:** We are learning to point to words in our readers.

**Success Criteria:** We will be able to point 1 to 1 and keep track with our finger.

We will be able to identify camera words in the writing.

We will be able to identify known phonemes.

Guided readers are in your pack.

#### Writing - Wednesday

**Learning Intention:** We are learning to write a sentence about the picture, using the words in the word bank below.

Success Criteria: We will be able to write a sentence using:

- Capital letters at the start.
- Spaces between words.
- Say your words slowly and write the phonemes you can hear.
- Full stop at the end.

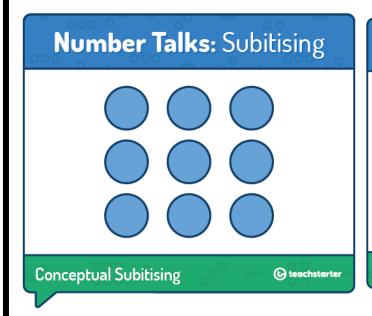


#### **Number Talk**

**Learning Intention:** We are learning to think like mathematicians.

**Success Criteria:** We will be able to talk to an adult about what we notice on the cards below.

Look for combinations you may know, doubles, dice patterns, domino patterns and pairs.



# Specific questions to ask include: How many dots did you see? How did you see it? Is there another way to see this

(c) teachstarter

pattern?

**Perceptual Subitising** 

#### **Numeral Practise**

**Learning Intention:** We are learning to correctly form our numerals in NSW foundation font.

**Success Criteria:** We will trace each initial numeral and then continue the same formation, with spaces, until the end of the line.



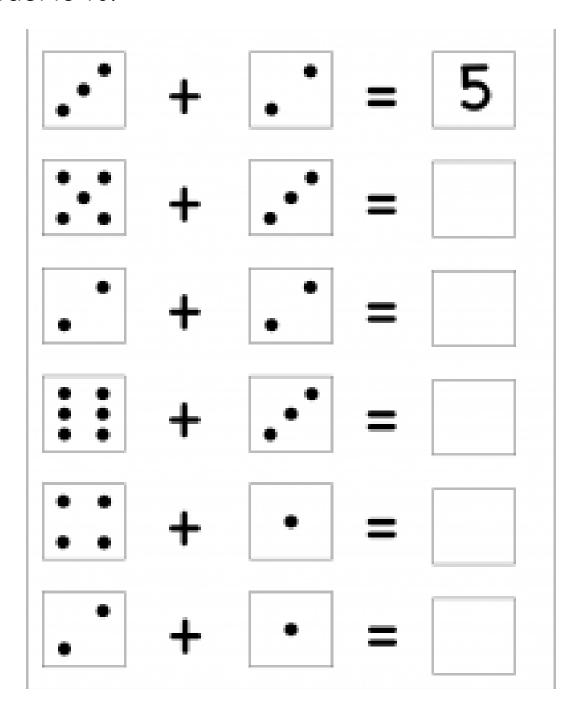




#### **Mathematics Activity**

**Learning Intention:** We are learning to add and subtract numbers to 10.

**Success Criteria:** We will be able to add and subtract to 10.



#### **Fitness**

**Learning Intention:** We are learning to sprint run.

Success Criteria: We will be able to perform a sprint run to

improve speed and endurance.



The ability to perform a sprint run is the key to many games, sports and everyday activities. The ability to sprint run can improve speed and endurance, which in turn may also enhance health-related fitness by improving cardiorespiratory endurance.

#### What to look for:

- · Lands on ball of the foot
- Non-support knee bends at least 90 degrees during the recovery phase
- High knee lift (thigh almost parallel to the ground)
- · Head and trunk stable, eyes focused forward
- Elbows bent at 90 degrees
- Arms drive forward and back in opposition to the legs







Bullrush (\*) – Also called Cocky Laura or British Bulldog. As few as three people can play this. Mark out a court. One person is 'It', other players line up behind line at one end of court. 'It' calls "Bullrush". Players try to get to other end without being caught. If you are caught you help "It". Last person caught is next "It".

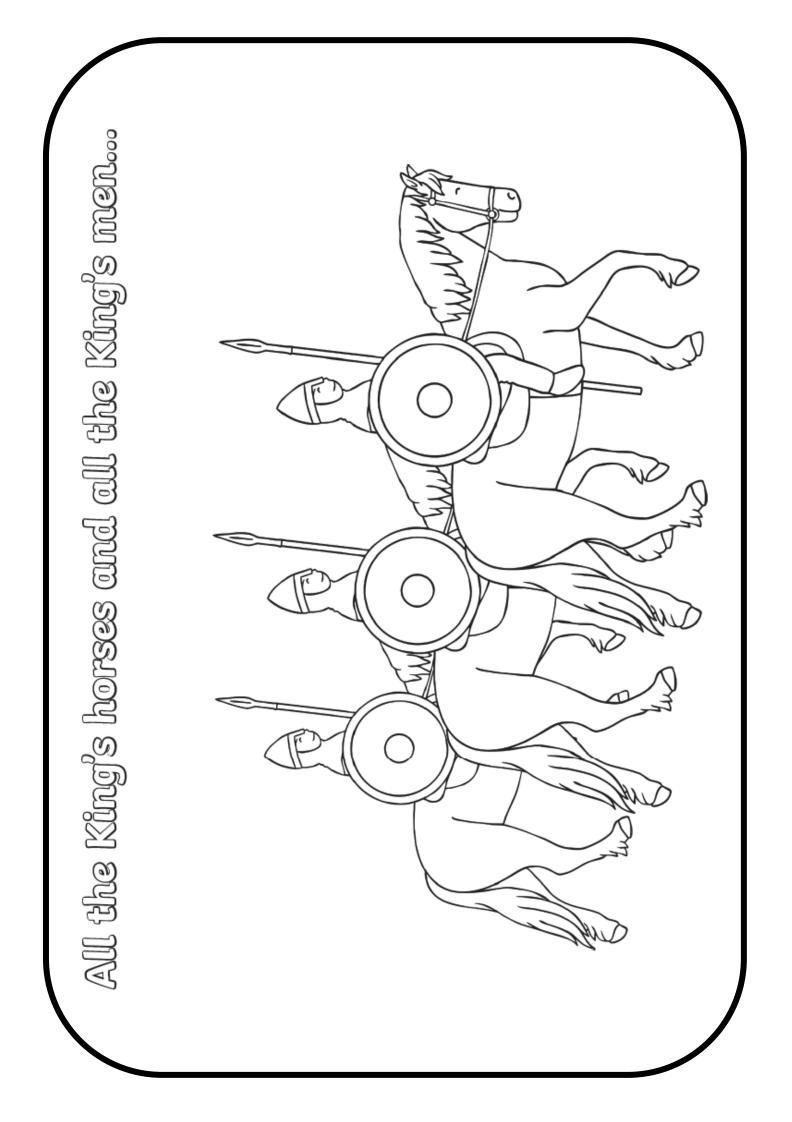
#### **Unit of Inquiry**

**Learning Intention:** We are learning about different places.

**Success Criteria:** We will be able to list/draw the different furniture our house will need.

#### Task:

List/draw the furniture you will need in your house.



### **Manilla Central School**



Kindergarten

# **THURSDAY**

#### **Phonics**

**Learning Intention:** We are learning to read and write our phonemes in words.

**Success Criteria:** We will be able to use our phonemes to read, make and spell the following words.

**ACTIVITY 1**: Practise saying your phonemes.

**ACTIVITY 2:**Practise writing your phonemes.

**ACTIVITY 3:** Write words below or draw pictures of things that start with the phonemes.

	ff	
55	ZZ	

#### Camera Word Activity Grid

My words for this week are:

he today

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and

> print them out.

Use magnetic letters or scrabble tiles to spell each of your words.







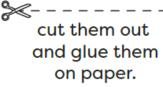
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.







#### **Camera Words**

**Learning Intention:** We are learning to read and write our camera words automatically.

**Success Criteria:** We will be able to read the words and write them from memory.

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

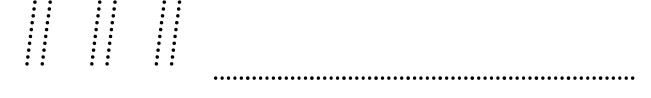
**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	•••	••••	••
•	: : :		•
		•••	• • •

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.



#### Reading

**Learning Intention:** We are learning to point to words in our readers.

**Success Criteria:** We will be able to point 1 to 1 and keep track with our finger.

We will be able to identify camera words in the writing.

We will be able to identify known phonemes.

Guided readers are in your pack.

#### Writing - Thursday

**Learning Intention:** We are learning to write a sentence about the picture, using the words in the word bank below.

Success Criteria: We will be able to write a sentence using:

- Capital letters at the start.
- Spaces between words.
- Say your words slowly and write the phonemes you can hear.
- Full stop at the end.



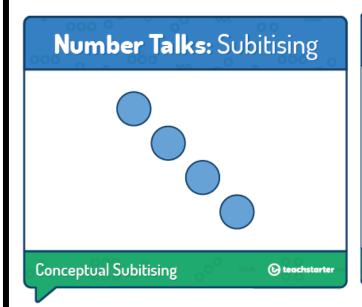
te your own sentence about Manilla:

#### **Number Talk**

**Learning Intention:** We are learning to think like mathematicians.

**Success Criteria:** We will be able to talk to an adult about what we notice on the cards below.

Look for combinations you may know, doubles, dice patterns, domino patterns and pairs.



#### **Number Talks: Subitising**

Specific questions to ask include:

- How many dots did you see?
- How did you see it?
- Is there another way to see this pattern?
- What is a different way to show this number?
- How many different ways can you come up with?

Conceptual Subitising



#### **Numeral Practise**

**Learning Intention:** We are learning to correctly form our numerals in NSW foundation font.

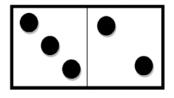
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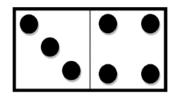
#### **Mathematics Activity**

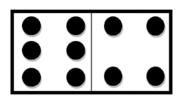
**Learning Intention:** We are learning to add and subtract numbers to 10.

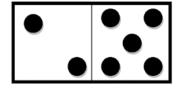
**Success Criteria:** We will be able to add and subtract to 10.

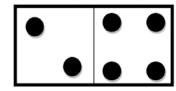
Count the number of dots on each domino and fill in the total.

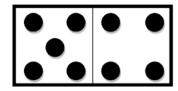


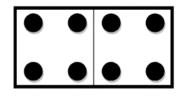


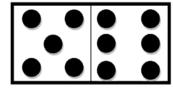


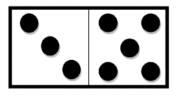


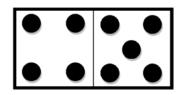


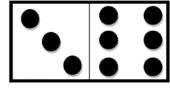


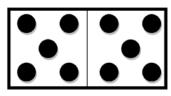










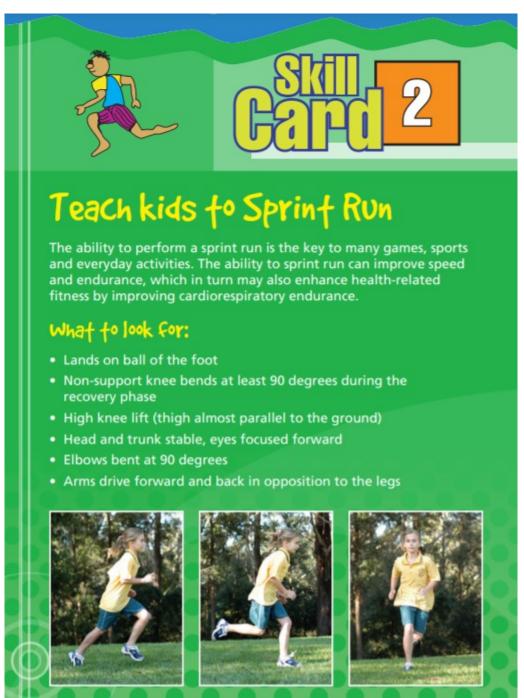


#### **Fitness**

**Learning Intention:** We are learning to sprint run.

Success Criteria: We will be able to perform a sprint run to

improve speed and endurance.

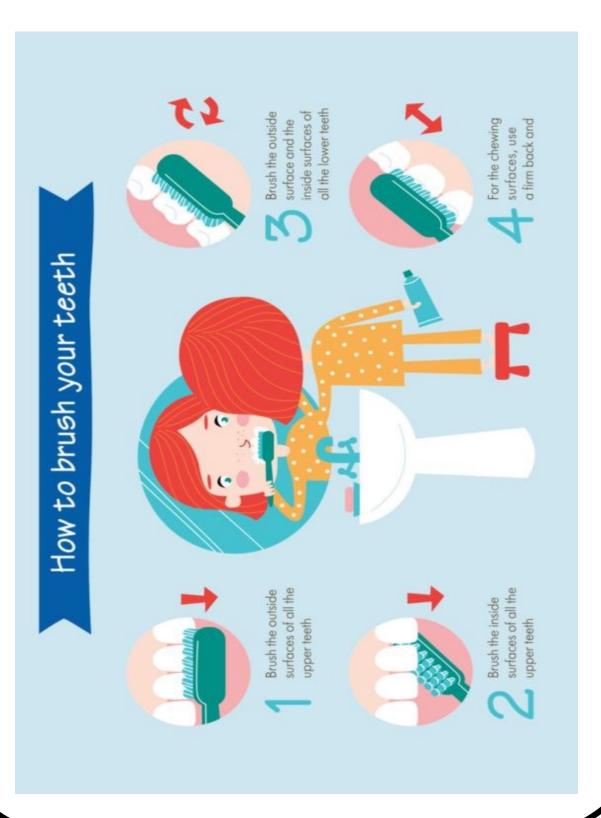


Run To Touch (†) – call out various objects in the yard to run and touch, returning to the start ASAP. Time your performance.

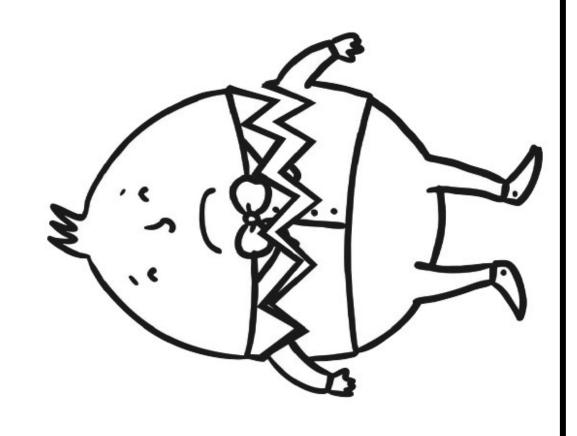
#### **PDHPE**

**Learning Intention:** We are learning to stay safe and clean.

Success Criteria: We will be able to brush our teeth.



Couldn't put Humpty together again.



### **Manilla Central School**



### Kindergarten

# **FRIDAY**

#### **Phonics**

**Learning Intention:** We are learning to read and write our phonemes in words.

**Success Criteria:** We will be able to use our phonemes to read, make and spell the following words.

**ACTIVITY 1**: Practise saying your phonemes.

**ACTIVITY 2:**Practise writing your phonemes.

**ACTIVITY 3:** Write words below or draw pictures of things that start with the phonemes.

sh	ch	
th	wh	

#### Camera Word Activity Grid

My words for this week are:

all is me

Use your camera words from this week to complete the activities below.



write your words, three times each.

Write your words with **red** vowels and blue consonants.

Write your words on the computer and



Use magnetic letters or scrabble tiles to spell each of your words.







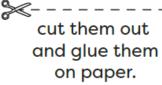
Write your words in a pyramid:







Find your words in magazines or newspapers then



Draw a picture and



your words in the picture.

Write a sentence for each of your words.



Write your words in alphabetical order.







#### **Camera Words**

**Learning Intention:** We are learning to read and write our camera words automatically.

**Success Criteria:** We will be able to read the words and write them from memory.

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	•••	••••	••
•	: : :		•
		•••	• • •

#### Handwriting

**Learning Intention:** We are learning to correctly form our letters in NSW foundation font.

**Success Criteria:** We will trace each initial letter and then continue the same formation, with spaces, until the end of the line.

	••••••		••••	
	••••••	•••••	•••••	
	••••••			

#### Reading

**Learning Intention:** We are learning to point to words in our readers.

**Success Criteria:** We will be able to point 1 to 1 and keep track with our finger.

We will be able to identify camera words in the writing.

We will be able to identify known phonemes.

Guided readers are in your pack.

#### Writing - Friday

**Learning Intention:** We are learning to write a sentence about the picture, using the words in the word bank below.

Success Criteria: We will be able to write a sentence using:

- Capital letters at the start.
- Spaces between words.
- Say your words slowly and write the phonemes you can hear.
- Full stop at the end.



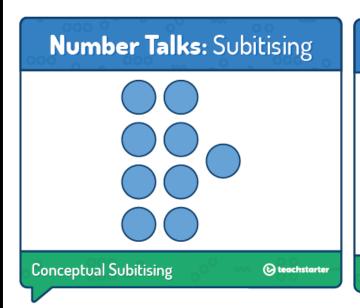
Write y	our own	sentenc	e about	Manilla:

#### **Number Talk**

**Learning Intention:** We are learning to think like mathematicians.

**Success Criteria:** We will be able to talk to an adult about what we notice on the cards below.

Look for combinations you may know, doubles, dice patterns, domino patterns and pairs.



#### Number Talks: Subitising

Specific questions to ask include:

- How many dots did you see?
- How did you see it?
- Is there another way to see this pattern?
- What is a different way to show this number?
- How many different ways can you come up with?

**Conceptual Subitising** 



#### **Numeral Practise**

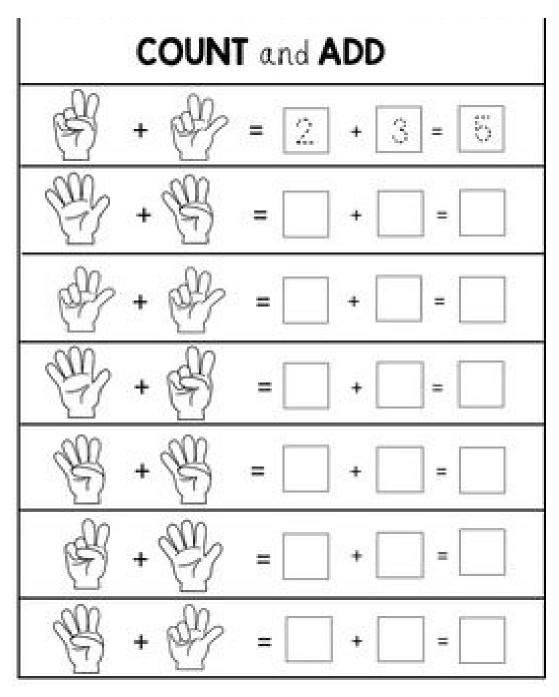
**Learning Intention:** We are learning to correctly form our numerals in NSW foundation font.

**Success Criteria:** We will trace each initial numeral and then continue the same formation, with spaces, until the end of the line.

#### **Mathematics Activity**

**Learning Intention:** We are learning to add and subtract numbers to 10.

**Success Criteria:** We will be able to add and subtract to 10.



#### **Fitness**

**Learning Intention:** We are learning to sprint run.

Success Criteria: We will be able to perform a sprint run to

improve speed and endurance.



#### Teach kids to Sprint Run

The ability to perform a sprint run is the key to many games, sports and everyday activities. The ability to sprint run can improve speed and endurance, which in turn may also enhance health-related fitness by improving cardiorespiratory endurance.

#### What to look for:

- · Lands on ball of the foot
- Non-support knee bends at least 90 degrees during the recovery phase
- High knee lift (thigh almost parallel to the ground)
- · Head and trunk stable, eyes focused forward
- Elbows bent at 90 degrees
- Arms drive forward and back in opposition to the legs







Handball Rounders (♠♠) – set up two shoes as bases about 12 paces apart. Batsmen throws ball in the air and strikes it with the flat of the hand (you get 3 chances to hit it well). When the ball is hit the batsmen can score a run by racing around the other base and back. Batter out if fieldsmen catch on the full or get the ball to touch a base before batsmen gets back.

#### **Art and Craft Activity**

Go outside and have a look in the garden to see what natural things you can find.

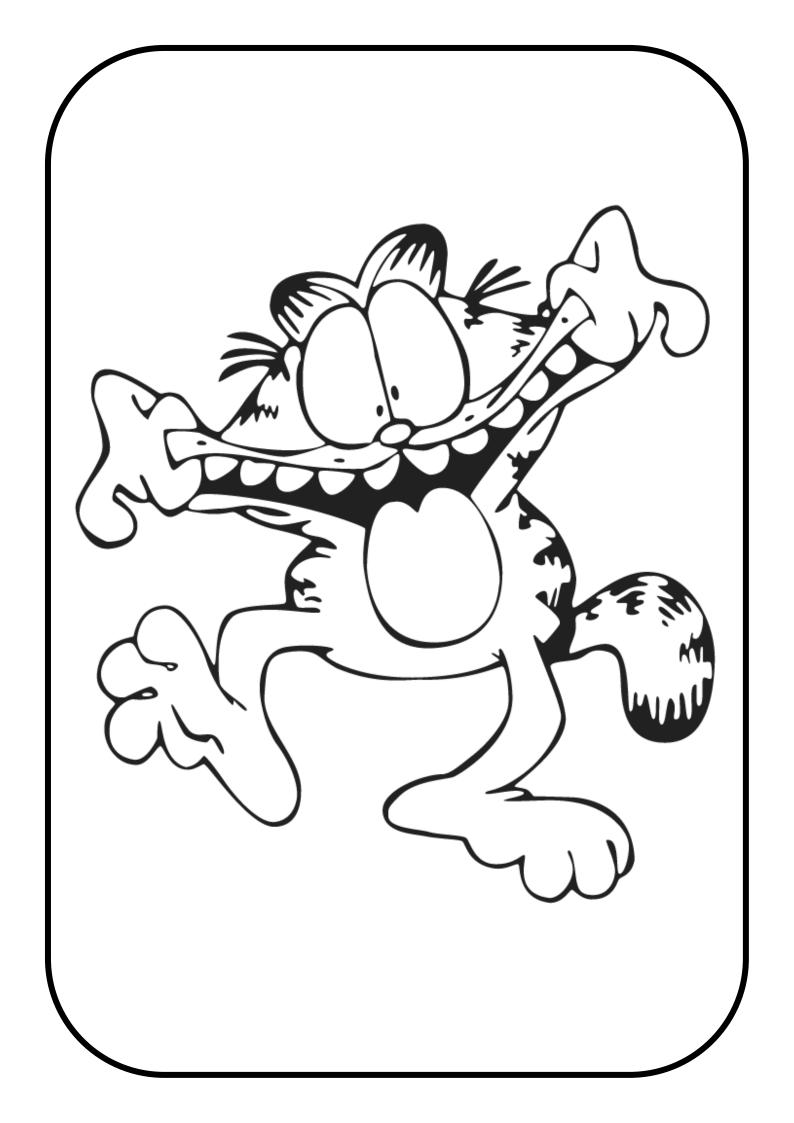
Use your imagination to see what you can create. Ask an adult to upload a photo of your creation to Seesaw.

See photos for ideas.









#### **Story and Craft Activity**

**Learning Intention:** We are learning to listen to and enjoy reading stories.

**Success Criteria:** We will listen to a story being read at home or from the links below and create a craft activity to support the story.

Book title	You tube link	Craft link
The Brother Quibble	https://www.youtube.com/ watch?v=-tgoooFinNc	Paper Crown <a href="https://www.dltk-kids.com/crafts/mcrown.htm">https://www.dltk-kids.com/crafts/mcrown.htm</a>
Arnie the donut	https://www.youtube.com/ watch?v=6E67n1vZZjQ	Paper Pate Donut  https:// www.theresourcefulmama.com/ paper-plate-donuts-craft/
Snapsy the alligator	https://www.youtube.com/ watch?v=yU8OJWAZmZo	Alligator Craft <a href="https://www.easypeasyandfun.com/tag/crocodile-crafts/">https://www.easypeasyandfun.com/tag/crocodile-crafts/</a>
Clark the shark	https://www.youtube.com/ watch?v=lgZRMptA0Lk	Shark Craft  https://iheartcraftythings.com/ newspaper-shark-craft.html
The Hula- Hoopin' Queen	https://www.youtube.com/watch?v=op9Bc7GWCuw	Craft <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="y=yE5G0cmHNj4">y=yE5G0cmHNj4</a>
Sophie's Master- piece	https:// www.storylineonline.net/ books/sophies-masterpiece/	https://www.redtedart.com/easy- spider-crafts-for-kids/
Wilfrid Gordon McDonald Par- trige	https:// www.storylineonline.net/ books/wilfrid-gordon- mcdonald-partridge/	Create your own memory box <a href="https://memorylanetherapy.com/">https://memorylanetherapy.com/</a> <a href="memory-boxes-activities-for-seniors/">memory-boxes-activities-for-seniors/</a>
Hey that's my monster	https:// www.storylineonline.net/ books/hey-thats-monster/	Monster Craft https:// www.livewellplaytogether.com/ shape-monster-craft/
Peter Rabbit	https://www.storylineonline.net/books/peter-rabbit/	Peter Rabbit Puppets <a href="http://www.dotcomwomen.com/">http://www.dotcomwomen.com/</a> <a href="mailto:crafts/easter-rabbit-puppets-easter-crafts/4214/">crafts/4214/</a>

# Additional Brain Break and Fitness Options

Tabata for kids:  20 seconds of rest followed by 10 seconds of recovery.	Choose 2 workouts and complete them from this channel:  https://www.youtube.com/playlist?list=PL2ncLjnEN- YI3SVKD3uRbfxfBDdxndGHm			
Just Dance	Choose 2 of your favourite Just Dance videos from the below YouTube channel: <a href="https://www.youtube.com/user/justdancegame/videos">https://www.youtube.com/user/justdancegame/videos</a>			
Go Noodle	Choose 2 of your favourite Go Noodle videos from the below YouTube channel: <a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a>			
Weekly Fitness Challenge	Time yourself to see how many pushups you can do in 1 minute.  Record your effort each day.			
Mindfulness	<ul> <li>https://www.youtube.com/watch?v=O29e4rRMrV4</li> <li>https://www.youtube.com/watch?v=wf5K3pP2IUQ</li> <li>https://www.youtube.com/watch?v=rC0m -HQcRU</li> </ul>			
Other Ideas	<ul> <li>Practise throwing and catching with a family member, or a wall.</li> <li>Kick a ball around.</li> <li>Jump on your trampoline.</li> <li>Play a game of Handball</li> <li>Create an obstacle course around the backyard</li> <li>Go for a walk, and maintain social distancing.</li> </ul>			