

PHYSICAL EDUCATION - Lower Primary OPTIONAL Tasks - WEEK 2

IMPORTANT - DO NOT post any of the OPTIONAL TASKS to SeeSAW.

| | WEBSITE OPTIONAL TASK | WEBSITE OPTIONAL TASK | WEBSITE OPTIONAL TASK | WEBSITE OPTIONAL TASK |
|---------------------------------|---|--|---|---|
| OPTIONAL ACTIVITY | <p align="center"><u>RUNNING</u> Equipment: 2x Markers 1x Stopwatch/Phone/Watch/Clock</p> <p align="center">Set up two markers approximately 20m apart or as close to as possible.</p> <p align="center">1 FULL LAP = Up and back to the starting marker.</p> <p align="center">CHALLENGE: Time how long it takes to complete the required number of laps. PREP - 10 Laps Grade 1/2 - 15 Laps</p> <p align="center">RECORD YOUR TIME - Try and beat your PERSONAL BEST next time by recording your times at home.</p> | <p align="center"><u>JUST DANCE - YouTube</u></p> <p align="center">Complete the Ghostbusters JUST DANCE activity via the link below.</p> | <p align="center"><u>YOGA - YouTube</u></p> <p align="center">Complete the Pokemon COSMIC KIDS YOGA activity via the link below.</p> | <p align="center"><u>SCAVENGER HUNT - AT HOME</u></p> <p align="center">Get as many family members as you like and complete the Scavenger Hunt via the below link.</p> |
| OPTIONAL ACTIVITY: LINKS | | <u>JUST DANCE - Ghostbusters - YouTube</u> | <u>COSMIC KIDS YOGA - Pokemon - YouTube</u> | <u>Scavenger Hunt - AT HOME</u> |