

GET / OUR Complete 30 minutes of physical activity everyday!



Fitness Workout

1 minute of star jumps
1 minute of sit ups
1 minute of squats
1 minute of sprints
1 minute of step ups
30 seconds rest between each
activity
Complete three rounds

Ball Toss

2 hand throw + 2 hand catch X20 2 hand throw + 1 hand catch X20 1 hand throw + 1 hand catch X20 Throw - touch ground - catch X20 Throw - spin around - catch X20

Complete the skipping workout

30 sec on/ 30 sec off 45 sec on/ 45 sec off 60 sec on/ 60 sec off 75 sec on/ 75 sec off 90 sec on/ 90 sec off Complete two rounds Keep a **balloon** off the ground Tap with both hands X50 Tap with left hand only X20 Tap with right hand only X20 Tap with both feet X30 Tap with left foot only X20 Tap with right foot only X20 Tap with whole body X75

Practice hitting a ball or balloon
If you don't have a bat/racquet use a wooden spoon or your hand
Hit the ball/balloon in the air
Hit the ball/balloon as far as possible
Have someone throw the ball/balloon and hit it

Dribble with a **ball**,
Try with dominant hand then non
dominant hand.

Bounce between legs. Dribble around a partner or chair. Throw to a partner. Shoot some hoops.

Measure the perimeter of your backyard.

How many metres is this?

Now just run or walk the laps for 20 minutes!

Once you are finished calculate: Laps x (metres)= Total Metres Practice your **kicking.**Kick towards a target X20

Knock down a target X20
Dribble the ball between objects

X20

Kick the ball in the air and catch it X20

Play a mini game of soccer against a family member

Complete the ABC Scavenger

Hunt – more info on next
page

Complete the dice roll strength workout – information on next page

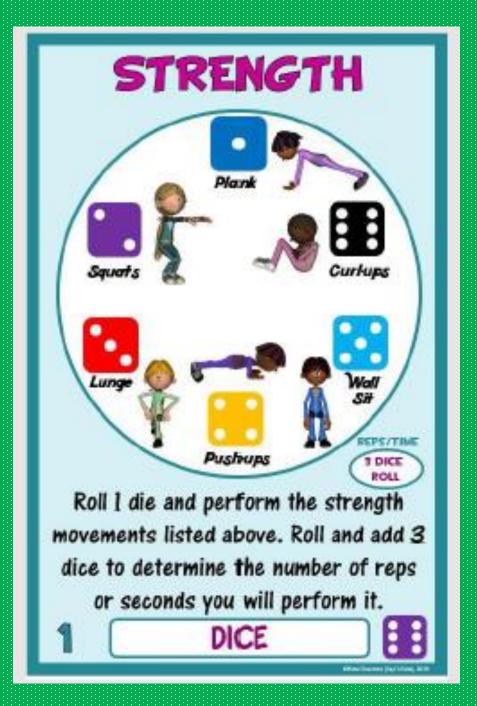
Complete the Ultimate Full Body Workout for kids via this link Make up an activity and send the instructions to Emma via email emma.grant@education.vic.gov.au

Complete a **PE With Joe** lesson via this link

Go for a **bike ride**, **scoot or skate** with a member of your family

Complete the Cosmic Kids
"Minecraft" Yoga Adventure via
this link

Complete the **Spell Colour Workout** – more info on next page



SPELL YOUR COLOUR WORKOUT

SPELL OUT YOUR FAVOURITE COLOUR AND DO THE MOVEMENT ALONG SIDE THE LETTERS

JUMP UP + DOWN 10 TIMES

SPIN IN A CIRCLE 5 TIMES

HOP ON 1 FOOT 6 TIMES

> RUN AROUND THE ROOM 2 TIMES

WALK ON TIPPY TOES
FOR 10 SECONDS

ARMY CRAWL FOR 20 SECONDS

12 STAR JUMPS

HOP LIKE A FROG 8 TIMES

LEFT FOOT BALANCE 10 SECONDS

RIGHT FOOT BALANCE 10 SECONDS

MARCH FOR 1 MINUTE

LAUGH REALLY HARD

WALK BACKWARDS 20 STEPS

14 HIGH KNEES

15 STEPS FORWARDS

16 SIDEWAYS STEPS

CRAB WALK 30 SECONDS

FLAP YOUR ARMS
LIKE A BIRD 25 TIMES

BEND AND TOUCH
TOES 12 TIMES

WALL SIT FOR 20 SECONDS DANCE FOR 20 SECONDS

25 ARM CIRCLES

GALLOP LIKE A
HORSE FOR 1
MINUTE

DO 5 PUSHUPS

TEN BUTT KICKS

SQUAT 7 TIMES



APC SCAVENGER HUNT

FIND SOMETHING THAT STARTS WITH THE LETTER \bigwedge AND DO 5 STAR JUMPS
SKIP TO A DIFFERENT ROOM TO FIND SOMETHING THAT STARTS WITH
JOG TO A DIFFERENT ROOM TO FIND SOMETHING THAT STARTS WITH
HOP TO THE DRIVEWAY AND FIND SOMETHING THAT STARTS WITH
LEAP TO THE BACKYARD AND FIND SOMETHING THAT STARTS WITH
JUMP TO YOUR BEDROOM AND FIND SOMETHING THAT STARTS WITH
GALLOP TO ANOTHER ROOM AND FIND SOMETHING THAT STARTS WITH G
WALK TO ANOTHER ROOM AND FIND SOMETHING THAT STARTS WITH
CRAWL TO THE KITCHEN AND FIND SOMETHING THAT STARTS WITH
RUN TO THE LETTER BOX AND FIND SOMETHING THAT STARTS WITH
SKIP TO THE BACKYARD AND FIND SOMETHING THAT STARTS WITH
JOG TO YOUR BEDROOM AND FIND SOMETHING THAT STARTS WITH
WALK BACKWARDS TO THE KITCHEN AND

FIND SOMETHING THAT STARTS WITH

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SKIP TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH
LEAP TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH 

WALK TO THE BACKYARD AND FIND
SOMETHING THAT STARTS WITH
RUN TO YOUR BEDROOM AND FIND
SOMETHING THAT STARTS WITH (
HOP TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH R
JUMP TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH S
GALLOP TO THE DRIVEWAY AND FIND
SOMETHING THAT STARTS WITH
WALK BACKWARDS TO THE FRONT DOOR
AND FIND SOMETHING THAT STARTS WITH
SKIP TO THE KITCHEN AND FIND
SOMETHING THAT STARTS WITH \/
LEAP TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH \/\/
RUN TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH
WALK TO YOUR BEDROOM AND FIND
SOMETHING THAT STARTS WITH \
CRAWL TO ANOTHER ROOM AND FIND
SOMETHING THAT STARTS WITH 7
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