



# GET YOUR

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:  
 $Laps \times (metres) = Total\ Metres$

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](mailto:emma.grant@education.vic.gov.au)

Complete a **PE With Joe** lesson via this [link](#)

Go for a **bike ride, scooter 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

# STRENGTH



Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1

DICE



# SPELL YOUR COLOUR WORKOUT

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

**A** JUMP UP + DOWN  
10 TIMES

**H** HOP LIKE A FROG 8  
TIMES

**O** 15 STEPS FORWARDS

**U** DANCE FOR 20  
SECONDS

**B** SPIN IN A CIRCLE  
5 TIMES

**I** LEFT FOOT BALANCE  
10 SECONDS

**P** 16 SIDEWAYS STEPS

**V** 25 ARM CIRCLES

**C** HOP ON 1 FOOT 6  
TIMES

**J** RIGHT FOOT BALANCE  
10 SECONDS

**Q** CRAB WALK 30  
SECONDS

**W** GALLOP LIKE A  
HORSE FOR 1  
MINUTE

**D** RUN AROUND THE  
ROOM 2 TIMES

**K** MARCH FOR 1 MINUTE

**R** FLAP YOUR ARMS  
LIKE A BIRD 25 TIMES

**X** DO 5 PUSHUPS

**E** WALK ON TIPPY TOES  
FOR 10 SECONDS

**L** LAUGH REALLY HARD

**S** BEND AND TOUCH  
TOES 12 TIMES

**Y** TEN BUTT KICKS

**F** ARMY CRAWL FOR  
20 SECONDS

**M** WALK BACKWARDS  
20 STEPS

**T** WALL SIT FOR 20  
SECONDS

**Z** SQUAT 7 TIMES

**G** 12 STAR JUMPS

**N** 14 HIGH KNEES



# ABC SCAVENGER HUNT

FIND SOMETHING THAT STARTS WITH  
THE LETTER **A** AND DO 5 STAR JUMPS

SKIP TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **B**

JOG TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **C**

HOP TO THE DRIVEWAY AND FIND  
SOMETHING THAT STARTS WITH **D**

LEAP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **E**

JUMP TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **F**

GALLOP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **G**

WALK TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **H**

CRAWL TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **I**

RUN TO THE LETTER BOX AND FIND  
SOMETHING THAT STARTS WITH **J**

SKIP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **K**

JOG TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **L**

WALK BACKWARDS TO THE KITCHEN AND  
FIND SOMETHING THAT STARTS WITH **M**

SKIP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **N**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **O**

WALK TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **P**

RUN TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Q**

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 **T**

WALK BACKWARDS TO THE FRONT DOOR  
AND FIND SOMETHING THAT STARTS WITH **U**

SKIP TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **V**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **W**

RUN TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **X**

WALK TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Y**

CRAWL TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **Z**