

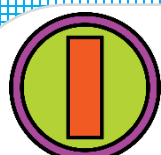
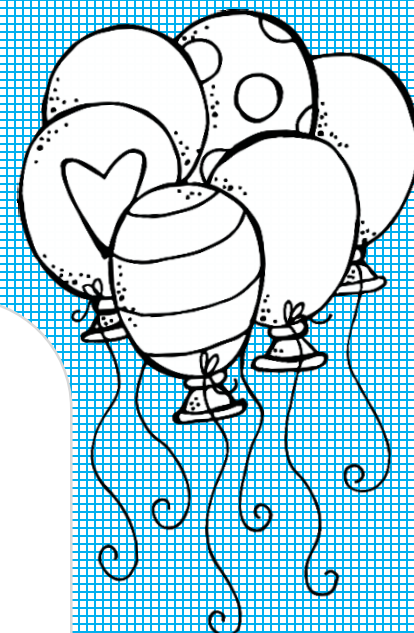
WEEK 100

FIVE + SIX

END OF TERM CELEBRATION

TO CELEBRATE THE END OF ANOTHER WONDERFUL TERM OF PE YOU ARE GOING TO PRACTICE ALL THE AMAZING SKILLS WE HAVE LEARNT SO FAR THIS YEAR

Click the pictures below to download the activity



100 POINT CHALLENGE



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respect • optimism • care • collaboration

100 POINT CHALLENGE: 3-6

100

Instructions: accumulate 100 points by completing any of the challenges below
For example you could do challenge #1 5 times = 5 points

#	Challenge	Points	Points Earned
1	Bounce a ball 10 times with your left hand then 10 times with your right hand	1	
2	Throw a ball against a wall with your left hand and catch it with your right 20 times	2	
3	Throw a ball in the air, turn in a full circle and catch the ball again	2	
4	Throw a ball in the air and clap 5 times before you catch it	2	
5	Keep a ball in the air using your feet - 5 touches without the ball hitting the ground	3	
6	Ride/walk/scoot/run up and down your street	3	
7	Throw a small ball in the air over your head and catch it behind your back three times without dropping it	4	
8	Do 10 push ups without stopping	4	
9	Bounce a ball 20 times using your left hand and 20 times using your right hand	5	
10	Set up some goals. Kick 15 goals	5	
11	Hold the 'plank' position for 2 minutes	6	
12	Keep a larger ball in the air using your feet - 10 touches without the ball hitting the ground	6	
13	Keep a ball in the air using your head - 5 touches without the ball hitting the ground	6	
14	Throw a ball over your head and catch it behind your back - 6 times without the ball hitting the ground	7	
15	Bounce a small ball into a bucket from 10 metres away	7	
16	Set up a target. Throw a ball and hit the target from 10m away 3 times in a row	7	
17	Do 80 star jumps without stopping	8	
18	Hold the 'plank' position for 2 minutes	9	
19	Skip for 5 minutes without stopping	10	
20	Jog or run 2km (or ten minutes) without stopping	10	
TOTAL			



ACTIVE TRAVEL BINGO



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ACTIVE TRAVEL BINGO

Go for a bike ride, scooter, or walk with your family. Take this sheet with you and whenever you see any of the items below, mark them off. Once you have five items marked in a row (either up, down or diagonal) you're an **active bingo champion!** For an extra challenge see if you can find **every** item.



GOAL REVIEW



I was able to complete the 100 point challenge and/or the active travel bingo

MPPS RACE AROUND AUSTRALIA
Don't forget to fill out your exercise journal and email to Emma each Friday!

RACE AROUND AUSTRALIA	
CHOOSE YOUR FIVE	
NAME	DATE
TEAM	DATE
TEAM	DATE
TEAM	DATE
TEAM	DATE