



WEEK 100

FOUNDATION

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

END OF TERM CELEBRATION

Click the pictures below to download the activity



100 POINT CHALLENGE

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100 POINT CHALLENGE: F-2

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 5 times with your left hand then 5 times with your right hand	1	
2	Throw a ball against a wall and catch it 10 times	1	
3	Throw a ball in the air and clap 2 times before you catch it	2	
4	Kick a ball in the air using your feet 5 times	2	
5	Ride/walk/scoot/run up and down your street	3	
6	Do 10 sit ups without stopping	4	
7	Bounce a ball 20 times using your left hand and 10 times using your right hand	4	
8	Set up some goals. Kick 10 goals.	5	
9	Hold the 'plank' position for 20 seconds	5	
10	Complete 20 hops on each foot, 20 jumps and 20 leaps	6	
11	Set up a target. Throw the ball and hit the target 5 times from at least 5 meters away	6	
12	Throw a ball against a wall and catch it 10 times	6	
13	Throw a ball over your head and catch it behind your back without the ball hitting the ground	7	
14	Hold the 'plank' position for 40 seconds	7	
15	Bounce a small ball into a bucket from 5 metres away	7	
16	Complete 10 push ups followed by 5 sit ups	8	
17	Put a pair of socks on your head and walk around for 1 minute without it falling off	8	
18	Do 50 star jumps without stopping	9	
19	Skip for 2 minutes without stopping	10	
20	Jog or run 1km (or 6 minutes)	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 travel 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!
Click to download the exercise journal >>

