

Learning at Home Package: Dance and Physical Education Year 1/2 and 2 / 3

<u>DANCE</u>	<u>DANCE</u>	<u>DANCE / PE</u>	<u>PE</u>	<u>PE</u>
<p>Roar – Practice Roar using the video link on connect. Things to practice:</p> <ul style="list-style-type: none"> • In time with the music • Know what steps come next • Singing and dancing at the same time 	<p>Shotgun – Practice shotgun using the video link on connect. Things to practice:</p> <ul style="list-style-type: none"> • In time with the music • Know what steps come next • Singing and dancing at the same time 	<p>GO Noodle.</p> <ul style="list-style-type: none"> • Sign up to Go Noodle all you need is a parent’s email address and create your own password. • Choose year level and get your groove on!! • Watch you little person grow bigger and bigger the more you play. • Great as a fun brain break throughout your day 	<p>Obstacle course in your garden.</p> <ul style="list-style-type: none"> • Using what you can find to jump over, throw and run to. • Create a course that keeps you moving for at least 2 mins at a time. • Example: run from one end of garden to another, then jump over a garden hose, then hop like a bunny back to fence, then hop on one leg to other fence. • Be creative but safe and have fun 	<p>Other Ideas for obstacle course.</p> <ul style="list-style-type: none"> • Using a phone or stop watch ask a parent to time your runs. • Record each time you do it and see if your stamina builds up each week. • Create a graph to record the data each time. Example – Date, time. See how much faster you can get • Upload your graph onto connect after a few weeks.
<u>DANCE 2 /3 class</u>	<u>DANCE / MUSIC</u>	<u>PE</u>	<u>PE</u>	<u>Arts - ANZAC DAY</u>
<p>Shake your tail Feather – Practice using the video link on connect. Things to practice:</p> <ul style="list-style-type: none"> • In time with the music • Jump in time with the music in chorus and Shake your tail feather to left, back, right and front 	<p>Wanjoo song by Gina Williams.</p> <ul style="list-style-type: none"> • Practice using the video on connect. • Follow along and learn the lyrics first. • Once you are confident with the lyrics add the sign language. There will be an additional video on connect with sign language. 	<ul style="list-style-type: none"> • Crab walking • Crab walk (hands on the ground and the balls of your feet) from one end of your yard to another as many times as you can. • Create a graph and record the data. Time and date 	<ul style="list-style-type: none"> • Practice your jumps and throws. Stand and jump as far forward as you can. • Hop, skip and jump to each end of your yard and record data. • Ball toss into a bucket • See connect for some more ideas about keeping active at home 	<ul style="list-style-type: none"> • In your take home packs, you will see a ANZAC wreath. • Colour in the wreath (green leaves, red poppies) • Cut and glue together to create the wreath. • Hang on your front door and on Anzac day take a moment to read the poem and reflect. • Make some Anzac biscuits