

P. E lessons for grades R-3

April 20/04-24/04

Instruction:

- The following activities are to be completed once a week. There is an additional Activity(link provided) that can be done after the below activities have been completed or on a separate day.
- Parents please demonstrate movements to assist learners.
- Physical activity is essential during this period as it releases endorphins (feel good hormones)

Warm up



Yoga

- Balance
- Co ordination
- Laterality

Activity

- Locomotor
- Co ordination
- Gross motor function

100 Days

Bigger
Stronger
Faster

10 x 10 = 100

10 Sit Ups	10 Jumping Jacks
10 Lunges	10 Leg Lifts
10 Arm Circles	10 Run in Place
10 Squats	10 1 Foot Hops
10 Plank	10 Push Ups

Additional fun activity

<https://youtu.be/388Q44ReOWE>