

PE for grades R-3

Week 27/04-1/05

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)
- Additional activity: <https://www.youtube.com/watch?v=ymigWt5TOV8>

Warm up

- Balance



Activity

- Co ordination
- Locomotor
- Gross motor function

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!