

## WEEKLY PROGRAMME

04-15 May 2020

SUBJECT: PHYSICAL EDUACTION

GRADE 4-7

EDUCATOR: MISS LANDSBERG

All physical activities need to be completed on a safe (non-slippery) surface or outside on grass.

Stay safe while completing these exercises and push yourself. If you want to challenge yourself  
REPEAT your sessions more than once a week.

POWERPOINTS in the form of pdf's will be provided for each grade to complete.

			<u>RESOURCES</u>
<b>MONDAY</b>	<b>GRADE 4 – THROWING &amp; CATCHING</b>	<b>WARM-UP-</b> Jumping Jacks (2 minutes) <b>ACTIVITY-</b> Throwing & Catching <b>COOL DOWN-</b> Stretching (Hold all stretches for at least 10 seconds)	PowerPoint/PDF provided with the program.
<b>TUESDAY</b>	<b>GRADE 5 – HAND-EYE CO-ORDINATION</b>	<b>WARM-UP-</b> Jumping Jacks (3 minutes)- continuously. <b>ACTIVITY-</b> Use a ball for this activity/or a safe ball like object. <b>COOL DOWN-</b> Stretching (Hold all stretches for at least 10 seconds)	PowerPoint/PDF provided with the program.
<b>WEDNESDAY</b>	<b>GRADE 6 – T-TEST &amp; CORE EXERCISES</b>	<b>WARM-UP-</b> Jumping Jacks/Running/Skipping (4 minutes) <b>ACTIVITY-</b> Agility (T-test) & Core exercises. <b>COOL DOWN-</b> Stretching (Hold all stretches for at least 10 seconds)	PowerPoint/PDF provided with the program.
<b>THURSDAY</b>	<b>GRADE 7- MULTIPLE EXERCISES ( ENDURANCE &amp; CARDIO )</b>	<b>WARM-UP-</b> Jumping Jacks (5 minutes) – continuously. <b>ACTIVITY-</b> Multiple exercises. Keep moving for 20 minutes. <b>COOL DOWN-</b> Running on the spot & stretching (Hold all stretches for at least 10 seconds)	PowerPoint/PDF provided with the program.
<b>FRIDAY</b>	<b>STRETCHING DAY- ALL GRADES</b>	<b>FULL BODY STRETCHING:</b> Work from your head down to your toes. Stretch your head and neck, move to your arms, hips and legs, and lastly calves and ankles.	Use YouTube if you can to watch a full stretch or use your own knowledge.