

Physical education – Grade 2

4/5 – 8/5 (Strength)

Instructions: Parents please demonstrate movements to assist learners at home. Remember physical activity is essential during this period but don't forget to ENJOY yourself!



Monday

Warm up: (Hold each pose for 10 seconds)

SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACEFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

© Kids Yoga Stories

Activity:



TABATA





1. PUSH-UPS



10 SEC REST

20 SEC MOVE





2. SKIER JUMPS



10 SEC REST

20 SEC MOVE





3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE





4. BURPEES



10 SEC REST

20 SEC MOVE





5. SQUATS



10 SEC REST

20 SEC MOVE





6. JOG IN PLACE



10 SEC REST

20 SEC MOVE





HIGH INTENSITY INTERVAL TRAINING

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Tuesday

Warm up:

x 20 High knees

x 20 But kicks

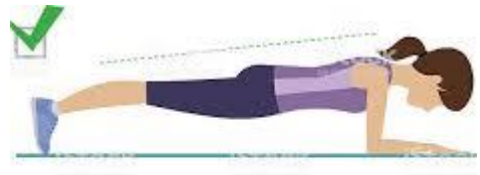
Activity:

Plank competition!!

30 Seconds plank

10 seconds rest

As many times as you can!



Wednesday

Warm up: (Hold each pose for 10 seconds)



Activity:

* Sprint challenge!!

Run on one spot for 30 seconds

Rest 10 seconds

Do as many as you can!!








Thursday

Warm up:

30 x jumping jacks



Activity:

NAME: _____ Home Room Teacher: _____		How many can you do in 100 seconds?
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

Friday

Activity:

Play with someone!

CHARADES!

SWIMMING	PLAYING FOOTBALL	CLEANING
READING	COOKING	WATCHING TV
RIDING A BIKE	PLAYING THE GUITAR	DANCING
FISHING	SMILING	LAUGHING
CRYING	JUMPING	SKATING
DRIVING A CAR	SINGING	SHOUTING
WRITING	BRUSHING THE HAIR	BRUSHING THE TEETH
EATING	DRINKING	SHOPPING
FIGHTING	BOXING	PLAYING TENNIS
PLAYING BASKETBALL	CLOSING THE DOOR	OPENING THE DOOR
CLAPPING HANDS	FALLING	SNEEZING
DOING HOMEWORK	SLEEPING	PAINTING