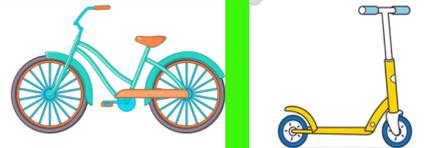


YEAR 1 AND 2 REMOTE AND FLEXIBLE LEARNING GRID

Choose from the activities below to complete by yourself or with a member of your family. Enjoy!

*Please remember before participating in any physical activity that you have the permission and supervision of your parent/guardian. Also don't forget to clean up after yourself.

Send me an email to let me know how you went: stefanie-marie.modesti@education.vic.gov.au

<p>3-2-1</p> <p>Try and score a total of 21-points to win the game. To do this, a player must try and under arm throw their socks and have them land in the washing basket from 3 different locations. Each player must have a 3 point shot (most difficult), followed by a 2 point shot (medium difficulty) and then finish off with a 1 point shot (least difficult). Regardless of getting their shot in or not, each player only has one shot from each spot before moving on to the next shot. If players get their 3 point shot in, they bank those 3 points and move on. In one round, the best a player can score is 6 points. If a shot is missed, no points are scored. The first player to reach a score of 21 is the winner.</p> <p>Remember when underarm throwing: Swing, Step, Throw.</p> 	<p>Catch 22</p> <p>Investigate what you have in your home and see if you can use it as a 'catching' implement. Ask an adult for help and see how many different things you can come up with. Try catching something different in your catching implement. How many catches can you make in 22-seconds with your implement? Can you throw from your implement as well, or only catch?</p> 	<p>Catch This</p> <p>Grab a ball, pair of socks or roll of toilet paper and practice the following ball handling skills:</p> <ul style="list-style-type: none">-roll the ball on different surfaces- concrete, grass, carpet-throw and catch the ball to your self-throw at a wall and catch without letting the ball drop-	<p>Dodging</p> <p>Set up some obstacles (chairs, stuffed toys, baskets) in a zig zag shape and practice dodging in and out. Remember to keep your eyes forward and practice dodging on both feet.</p>
<p>Obstacle Course</p> <p>Set up an obstacle course around the house where you can practice a variety of movement skills such as leaping, crawling, jumping with both feet, hopping alternating feet, dodging and running.</p> 	<p>Mindfulness-Bubbles of awareness</p> <p>Draw some big bubbles on a piece of paper and take a moment to think of some moments today when you really noticed things around you. It may be something you ate or drank, or something in nature that caught your attention. Draw these moments of awareness inside the bubbles.</p>	<p>Bike ride</p> <p>Go for bike ride, scoot or skate with a member of your family. Don't forget to wear your helmet.</p> 	<p>Reflection:</p> <p>Draw a picture of yourself completing your favourite activity for today. Write a sentence about what you did. Feel free to take a photo and email to Stef.</p>