

Pe Home Learning

- Find a “you tube” clip or photos of your favourite sport/team.
- Create a poster or powerpoint (computer/paper your choice)

Include the following:

- Pictures of the team/sport
- Rules
- Player profiles

Physical Activity (where possible)

- First work out your resting heart rate– you can count your heart rate by just taking you pulse on your wrist or neck. Count for 20 seconds then multiply it by 3 to see what it would be for a minute.
- Work out your Maximum heart Rate
- **Calculation is $220 - \text{age} = \text{max heart rate per minute}$**

Ideas to increase your heart rate:

- run,
- jump,
- jumping jacks,
- hop,
- skip,
- bike
- Bounce on tramp
- Time trial runs (shuttles)
- Kick a ball
- Basketball netball shot
- Passing with a parent/sibling or against a wall

See how long it takes you to get close to your maximum – you can count your heart rate by just taking you pulse on your wrist or neck. Count for 20 seconds then multiply it by 3 to see what it would be for a minute.

Once you have got there see how long it takes you to get back to your resting heart rate.

If Mum or dad own a heart rate monitor you could use this instead of counting

Websites

Try some of the interactive activities on the following websites

<http://www.sciencekids.co.nz/gamesactivities/keephealthy.html>

<http://www.sciencekids.co.nz/gamesactivities/healthgrowth.html>

<http://www.sciencekids.co.nz/gamesactivities/movinggrowing.html>

<http://www.cookie.com/kids/games/human-body.html>

Websites for yoga, mindfulness and aerobics

This is great for year 1-6 students

https://www.youtube.com/results?search_query=cosmic+kids+yoga

https://www.youtube.com/results?search_query=les+mills+born+to+move

HOW THE BODY WORKS

Muscular System Word Find

Directions: Print out the word find. See how many words you can find from the list below.

F	C	P	W	U	B	M	J	D	D	S	S	P	M	M
W	L	A	K	Y	I	U	E	N	G	K	N	L	U	L
V	U	E	I	Y	B	L	Z	K	X	E	O	X	I	P
O	Y	S	X	D	T	Q	E	X	S	L	D	L	D	O
E	Z	H	F	O	R	Y	U	I	T	E	N	K	R	D
Q	D	C	I	L	X	A	L	O	F	T	E	C	A	Y
M	U	D	M	S	L	A	C	K	V	A	T	N	C	O
L	S	A	L	L	R	F	H	V	A	L	O	E	O	Q
K	A	B	D	O	M	I	N	A	L	S	C	V	Y	Z
W	R	M	T	R	S	E	L	C	S	U	M	L	M	H
M	Y	C	M	H	I	Q	P	H	L	P	R	R	T	Y
K	E	T	E	L	Y	C	A	U	J	G	H	O	X	U
P	B	Z	O	B	I	C	E	P	S	X	O	T	Y	V
U	G	C	O	E	O	K	K	P	N	M	C	G	W	P
T	U	W	Z	V	Y	J	Z	M	S	E	K	V	D	X

ABDOMINALS

BICEPS

CARDIAC

DELTOIDS

FLEX

MUSCLES

MYOCARDIUM

PECTORALIS

QUADRICEPS

SKELETAL

SMOOTH

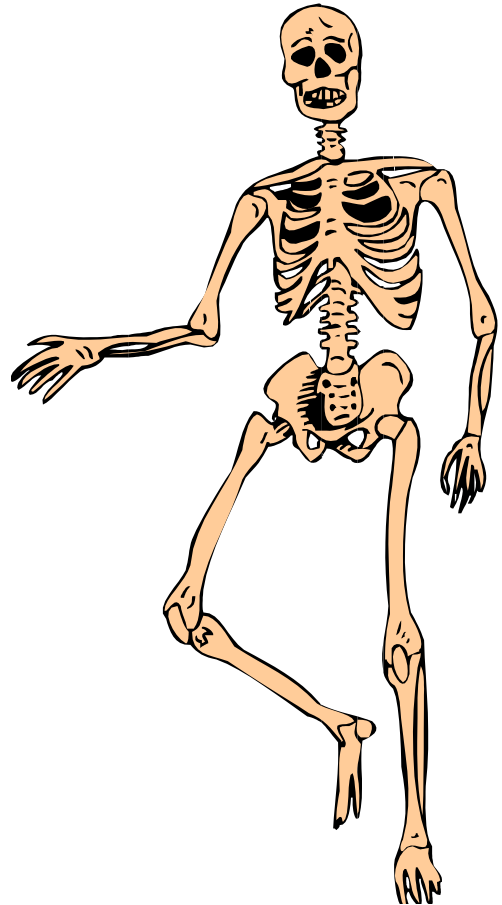
TENDONS

Year 7 and 8 activities

1. The Human Skeleton.

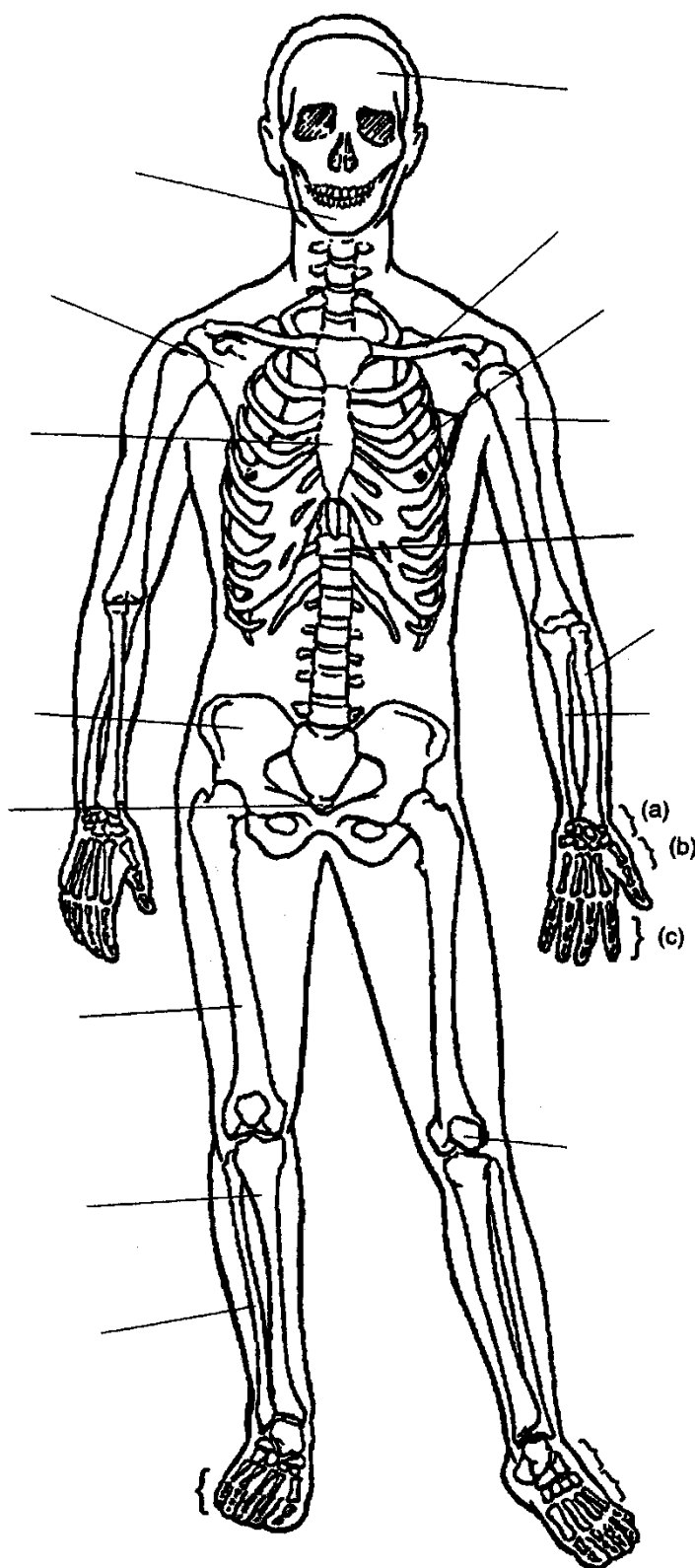
The human skeleton comprises of 206 bones, and has 5 main functions:

- 1.
- 2.
- 3.
- 4.
- 5.

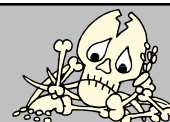


The Major Bones:

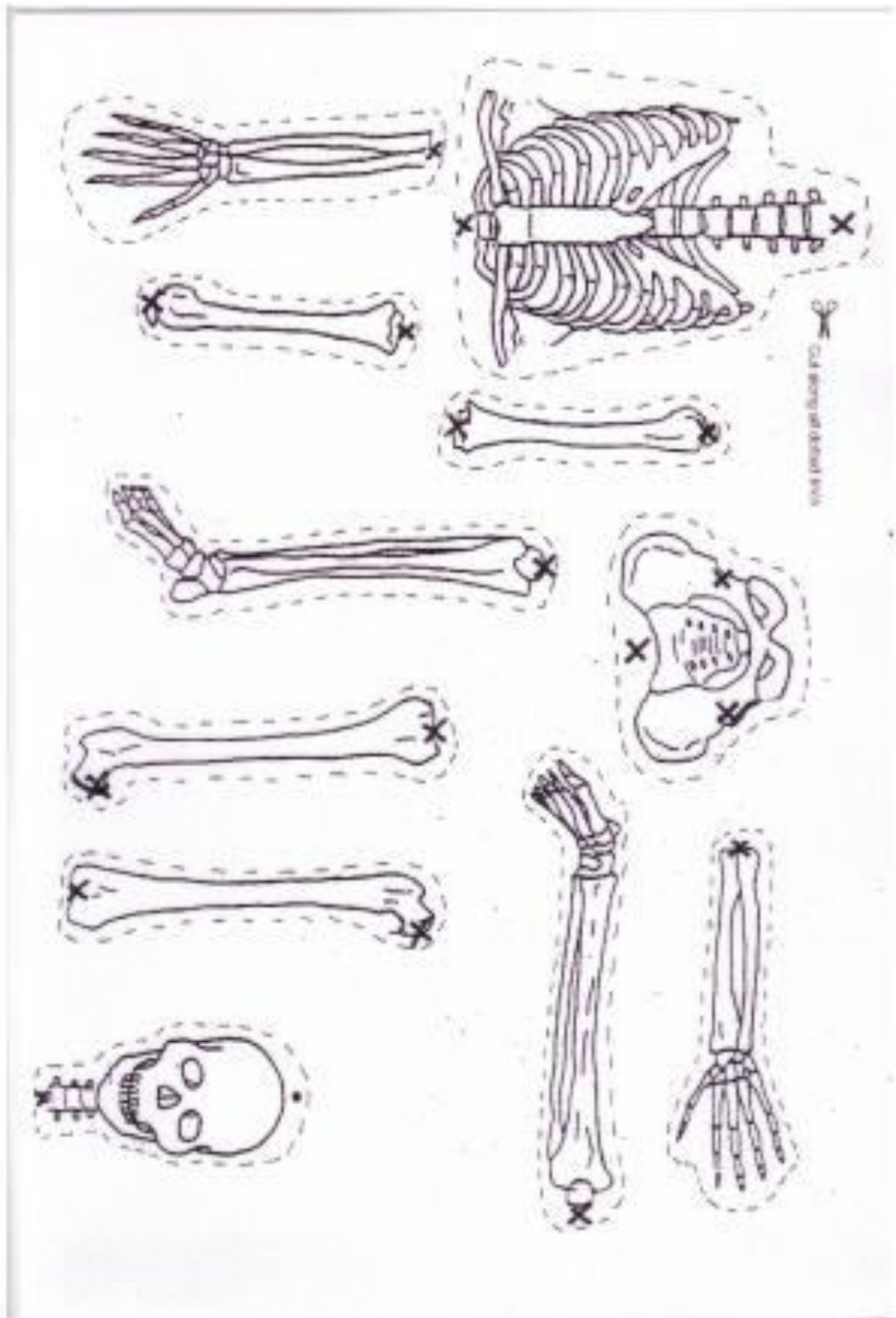
TASK: Complete the diagram below by correctly labelling the major bones of the human skeleton. Use anatomical names.



TASK: Complete the hand-out by piecing the bones together to create your own model skeleton.



Jumbled Bones

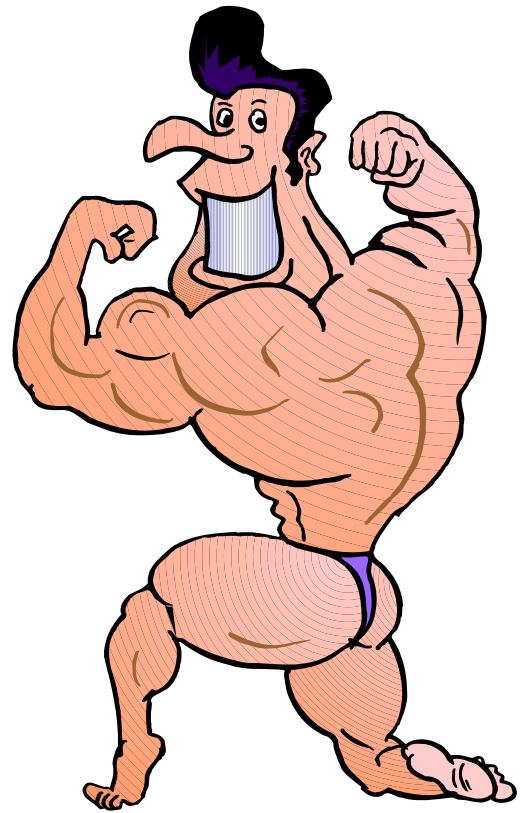


2. Skeletal Muscles

- Skeletal muscle comprises just over one-third of the total body mass.

Skeletal muscles have six **main functions**:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

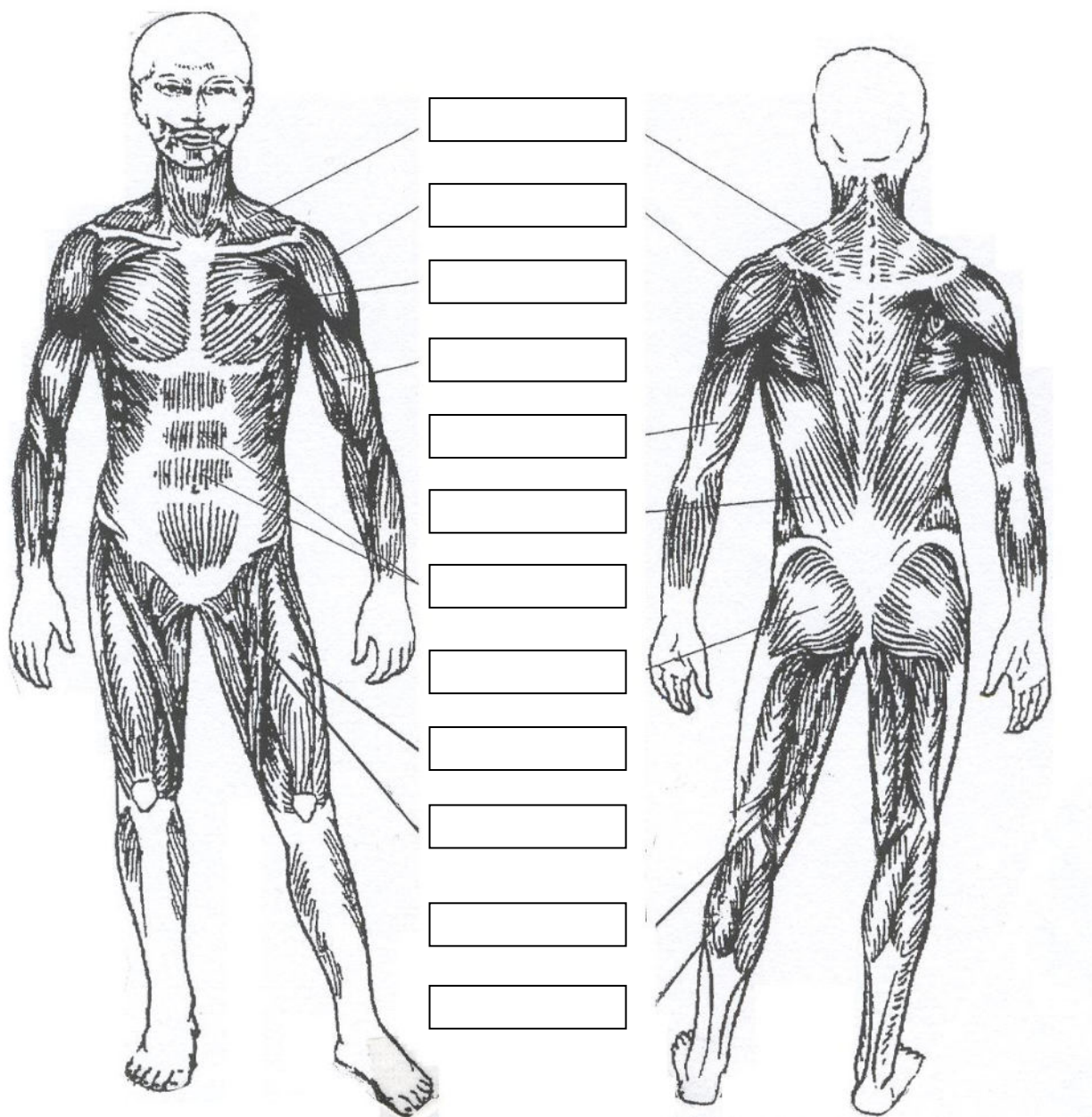


Skeletal muscles at work

Muscles work in _____. While one muscle _____ against a bone the other _____ and extends. These pairs are referred to as **agonist** and **antagonist**.

The Major Muscles:

TASK: Complete the diagram below by correctly labelling the major muscle groups of the human skeleton. Use anatomical names.



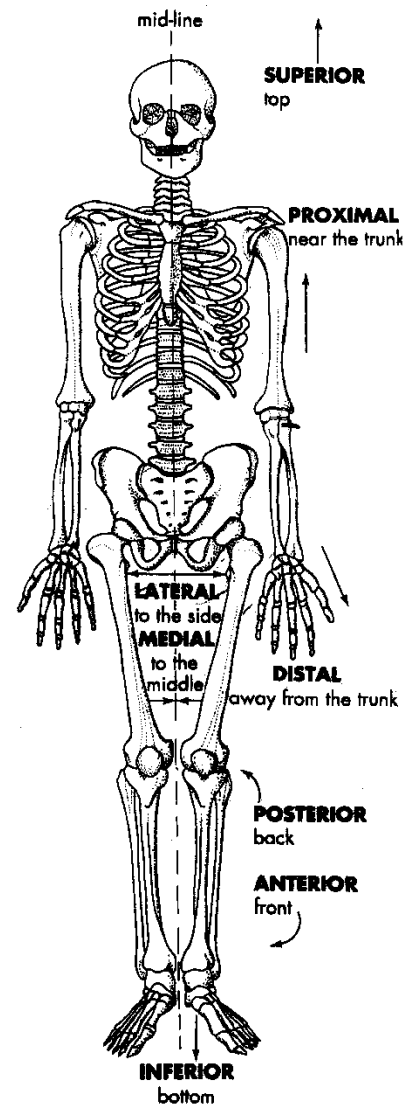
3. Anatomical directions and Movement Terminology

In order to explain the positioning of bones, muscles and organs on the human body a standardised position is used. This is known as the **Anatomical position**.

Describe five features of the anatomical position.

-
-
-
-
-

Anatomical terms help us refer to the position of parts of the body, or of one part with respect to another.



Complete the mix and match below:

Superior

Towards the feet

Proximal

To the side / further from the midline

Lateral

Back / towards the back

Distal

Above / towards the top

Anterior

Away from the trunk / further out

Inferior

To the middle / closer to the midline

Medial

Front / towards the front

Posterior

Near the trunk / closer in

Physical Activities for Kids Ages 5-13

1. Jumping Jacks

Start with 20 of these to get the blood flowing. You can easily incorporate these into a game of Simon Says if your kids are a little older! (#6 in the list). Or just let them go crazy on a mini trampoline. This is a fun activity to do to a music soundtrack.

2. Balance Beam

Very easily set up! Masking tape is all you really need – make a line on the ground and have fun! Ask your child to walk to the end only on the line. Try more lines at different angles, spirals, and zig-zags.

Variations – See who can walk the line the fastest, walk it heel-to-toe, walk it backwards, with eyes closed (take their socks off so they can feel the line), and jump down the line. If you want, you can certainly lay down and secure 2×4 pieces of wood as real balance beams!

3. Keep the Balloon Up

Be prepared as this will get rambunctious! This can definitely be one of the rowdier physical fitness games. Secure your lamps and pictures on the wall! Simply blow up some balloons and tell the kids to keep the balloons from touching the floor. What fun for the kids!

4. Dancing!

No real explanation needed here. Turn up the music and have a dance party!

Variations – This physical activity is obviously for all age groups; go ahead and make it a competition for your older kids! Or start and stop the music, having the kids freeze, to make it a laugh fest!

At this age, we look for physical games to play as opposed to the less structured activities for the younger set and the straight exercise and sports ideas for the older kids. Make the activity fun and easy to do, and you won't even have to ask them to play it. These are physical activities for 5 year olds to 8 year olds, but parents may love them, too.

5. Simon Says

First, choose someone to be "Simon". Simon either begins a command with "Simon Says" or not. To stay in the game, kids only must follow the commands that begin with "Simon Says". If you want to make the game difficult for older kids, simply issue commands faster and faster, and make the needed actions more and more difficult to complete.

6.ScavengerHunt

A scavenger hunt is all about finding items from a list in certain rooms or areas of the outdoors. The kids will love checking off each item found or collected on the list. If you haven't done this lately then you just aren't living! For the older ones get them to create their own hunt

Variations – Make this activity into a treasure hunt. You'll just need to write the clever clues to lead them to the next clue!

7.HotPotato

This physical activity will get giggly! Simply get a soft ball (not a softball!) or a rolled up sock and toss it to a child. Tell them toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!

Variations – Play short segments of music while they toss the “potato”, stop the music, and the last one to touch it after the music stops is out. The last child in wins.

8.FollowtheLeader

No real trick here – just follow where the leader goes! Under a table? Over a tree stump? Into the kiddie pool? Oh noooo!!!

Variations – This physical activity can easily go along with Simon Says, and instead of the kids just following, they also have to do exactly what the leader does. Jumping jacks, dancing, headstands, whatever!

9.Headstands

Many kids might not be able to stand on their head by themselves, so lend a helping hand!



How About Obstacle Courses for the Grade School Kids?

10.IndoorObstacleCourse

Obstacle courses make great physical games for children. I loved them as a child. Build a course using some of these ideas in any order:

- Crawl under tables.
- Use a Balance Beam as described in game number 2.
- Climb over ottomans.
- Children need to jump/somersault/crawl/crab walk from one obstacle to another.
- Put down pillows or couch cushions and the kids need to jump from one to the next. Alternatively, the kids could need to jump over the pillows or cushions!
- Perform various exercises like 20 jumping jacks.
- One of my personal favorites – crawling through a tunnel of blankets or sheets (hang them over chairs, couches, etc)

Variations – Make it a competition and time them to see who can through the whole course the fastest. Or try to beat their own time


Outdoor Obstacle Course

- Lay down a ladder and have the kids step through each rung.
- Allow only jumping/somersaulting/crawling/crab walking from one area of the course to another.
- Put down a piece of wood as a Balance Beam.
- Perform various exercises like 20 sit-ups or push-ups.
- Give each child 2 sheets of newspaper and allow each step to be taken only on a piece of newspaper. This requires the child to reach back and grab the previous step's sheet of newspaper – tricky!
- Create a slalom – kids must run zig-zag between obstacles.
- Jump over various objects.
- Throw balls to knock down objects.
- Use water squirters to hit targets.
- Make kids fill up a cup of water, run a distance to another container, pour the water in the container, and repeat this until they fill up the container to a certain height.

Variations – For older kids, make it a competition and time them to see how long it takes them to go through the whole course.

14.AnimalRaces

Some races the kids need to hop like a frog. Or run on all fours like a dog. Or maybe crawl on the ground like a lizard! Make it more fun with costumes! Which animal is fastest?





19.Crabwalk

The crab walk will really get the kids winded. Start by sitting on the ground with your hands and feet flat on the ground. Make sure your fingers are pointing away from your body or else you will put too much pressure on your wrists. Now, raise your torso up towards the sky, about level with your shoulders. Then start to walk with your hands and feet. Let's see how long you and the kids can keep this up! Crab walk tag, anyone? See video instructions below from Vlad Superdad.



20.Hopscotch

The easiest way to do this activity is to get a piece of chalk and draw the hopscotch design on the sidewalk or driveway according to Wikipedia. Old-time fun! If you are indoors, Melissa & Doug makes a cute rug and you can play with beanbags or small stuffies.

21.Bowling

Get some items that you can stand up like empty water bottles or plastic cups, grab a big enough ball, and start rolling to knock over the “pins”!

Variations – Make a target on the ground using masking tape. With each section worth different amounts of points, the kids can roll the ball trying to stop it within the different target areas, competing for points.