



# ACTIVE AT HOME PHYSICAL EDUCATION:



## YEAR 2 Week 5

5 DAY ROTATION	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>WARM UP</b>	<a href="#">All Star</a> (GoNoodle)	<a href="#">Twist &amp; Shout</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">Zap It</a> (GoNoodle)	<a href="#">Banana Banana Meatball</a> (GoNoodle)
<b>HOME ACTIVITY</b>	<b>Activity 1:</b> Complete three of the activities from the list and record your score on the Score Sheet.	<b>Activity 2:</b> Repeat the same activities from Day 1, try to improve your score.	<b>Activity 3:</b> Complete the remaining three activities and record your score on the Score Sheet.	<b>Activity 4:</b> Repeat the same activities from Day 3, try to improve your score.	<b>Today's your day!</b> Have a go at all six activities today, no need to record scores, it's just for FUN. Don't forget to do the activity ratings and the writing activity
<b>DAILY PHYSICAL ACTIVITY</b>	<a href="#">DEAM Calendar May</a>	<a href="#">DEAM Calendar May</a>	<a href="#">DEAM Calendar May</a>	<a href="#">DEAM Calendar May</a>	<a href="#">DEAM Calendar May</a>
<b>MINDFULNESS</b>	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)
<b>ADDITIONAL ACTIVITY LOG</b>	<b>Physical Activity Log Weeks 4 &amp; 5</b>	<b>Physical Activity Log Weeks 4 &amp; 5</b>	<b>Physical Activity Log Weeks 4 &amp; 5</b>	<b>Physical Activity Log Weeks 4 &amp; 5</b>	<b>Physical Activity Log Weeks 4 &amp; 5</b>