These activities are designed to keep your body, mind and creativity active during this time. Please work with your family, if possible, to complete these tasks together and have some fun. If something doesn't work for your family or you don't have the right equipment, please modify to suit your needs. If you need any help please don't hesitate to ask. We would love to see what you are doing - please feel free to share your learning with us via email. Alex.Kenworthy719@schools.sa.edu.au Judy.Hanel823@schools.sa.edu.au Louise.Iannucci588@schools.sa.edu.au Angela.Giagtzis885@schools.sa.edu.au George.Koulisinos332@schools.sa.edu.au Francis.Ballard655@schools.sa.edu.au Maria.Daniells242@schools.sa.edu.au Hannah.Oakeshott533@schools.sa.edu.au Adriana.Amodeo260@schools.sa.edu.au Padma.Iyer994@schools.sa.edu.au Jodie.Ralph763@schools.sa.edu.au Eleni.Galanos23@schools.sa.edu.au

### Health and PE Activities

**Fitness Activity – PE with Joe Wicks**
Here are some daily exercise routines to help students maintain and develop their fitness. Please click on the link to watch the video and copy / follow instructions provided. This is suitable for Rec – Year 7 students  Click here

**Skill Training – Striking**
Please click on the link below to be shown a video on how to do each striking task. These activities aim to develop students hand eye coordination. As the video continues, the striking task increases difficulty, allowing for students from R – 7 to engage. If you do not have a ball at home, you could use a sock or balloon to complete these tasks. Click here

**Health – Healthy Eating**

Help prepare a meal for breakfast, lunch or dinner using three or more food groups.

Don’t forget to complete your Premier’s Be Active Challenge form.

### Music and Drama Activities

**Year 3 – 5**
Complete this week’s Music Challenge and Music Task. Click here for full instructions: Year 3 – 5

**Year 6–7**
Complete this week’s Drama Challenge and Drama Task: Click here for full instructions: Year 6 and 7 Activities

### Technologies

Try a 3D or Augmented Reality animal using your device: Instructions here: [3D Animal](https://example.com/3DAnimal)

Use two pieces of computer paper and 30cm of tape. Build the tallest tower you can in 10 minutes. Try it again and try to beat your record. You can work by yourself or ask a family member to join in too. Take a photo of your results and record your measurements.

**FLMD/Italian/Greek/Family Language**

Draw a rainbow and name the colours in your targeted language. **Extension:** Name the primary and secondary colours and find out the complementary colours.

Draw a hopscotch grid with numbers in your targeted language and play while saying the numbers. **Conversation:** Pretend that you are talking on the phone with your grandparents in your language and ask them about how their daily routine has changed lately.

### Social and Emotional Learning

Keep a gratitude journal: Everyday, list three things that you are grateful or thankful for, you could do this digitally or in a notebook/diary. Families may like to share this with each other over a meal each day or before bed.

### SRC CHALLENGE

Click on the link to reveal the SRC Week 1 challenge. WEEK 1 CHALLENGE How long can you plank for? Record your evidence. If you are successful in completing the challenge feel free to email to Miss Iannucci. (so we can share with others)