### 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](#)

### Music and Drama Activities

**Time to Sing - Foundation**
You will find a collection of songs and rhymes in Seesaw Foundation Team. Listen and practice as often as you like. Remember the more you practice the greater the improvement. At the end of week one you can perform two of your favourite songs and rhymes to members of your family.

**Time to Sing - Yr 1**
Click on the following link [https://www.soundplayaustralia.com](https://www.soundplayaustralia.com)
Sing and play along with:
- When we Song
- Clap sticks song
- Tambourine song

Choose your favourite song to perform to members of your family.

### Technologies

Listen to Rosie Reveer Engineer written by Andrea Beaty: [listen to story here](#)
Once you have listened to the book, can you improve re-design the Rosie-copter? (look carefully in the story) Draw your design on paper. If you have time, you could make it out of recycled materials.

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.

### 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.

### 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.

### 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) [louise.lannucci588@schools.sa.edu.au](mailto:louise.lannucci588@schools.sa.edu.au)