



# PDHPE FACULTY



## PDHPE Take Homes

Irrawang HS PDHPE faculty wish to ensure students are remaining physically and mentally healthy during this difficult time for us all. Below are a variety of activities that we have put together to hopefully keep you active and entertained during this isolation period. Keep positive!



**Driving Question:** What actions can I take to support my physical and mental health while isolated or practicing social distancing?



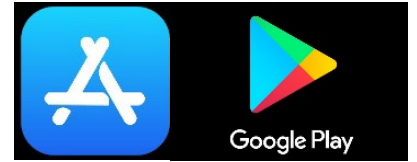
Please upload all completed activities in your year group Google Classroom:

**Year 7 PDHPE Take Homes - medim4t**

**Year 8 PDHPE Take Homes - 2zrxbf**

**Year 9 PDHPE Take Homes - ofwk4ek**

**Year 10 PDHPE Take Homes - rc7uw76**

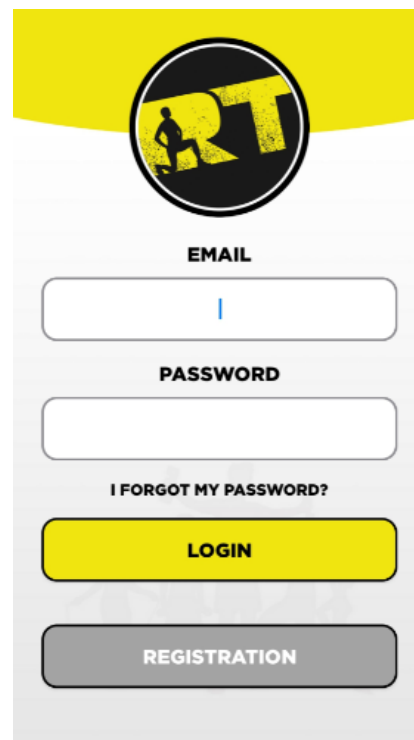


In line with our current Prac Unit – RT4T

Available for iOS and Android

Free registration with DEC email. Use Irrawang HS Access Code – **IHSS210A**

Track your fitness and access work outs to suit all needs



## Using the PSC app

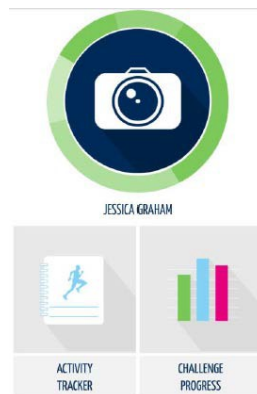
### Information for the PSC app user

Open either Google Play or the App Store. Search for **PSC Tracker**. Open the PSC Tracker app and enter your team code and PIN, then enter.



On the home screen you can

1. click on the camera graphic to upload a photo
2. click on the activity tracker to enter details of your physical activity
3. click on challenge progress to see the award level you are tracking towards.



Weekly award levels will automatically synchronise with the online PSC Tracker.

## Options

The app allows you to update or delete your entered activities. You can add activities as time based or number of steps taken, if using a pedometer. You can also opt to cease your ten week challenge and re-start it.

IRRAWANG HIGH SCHOOL



# 30-DAY MIND, BODY + SPIRIT CHALLENGE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Day 1	Day 2	Day 3	Day 4	Day 5
2 PUSHUPS	4 PUSHUPS	6 PUSHUPS	8 PUSHUPS	10 PUSHUPS	12 PUSHUPS	<b>REST DAY</b>
2 SQUATS	4 SQUATS	6 SQUATS	8 SQUATS	10 SQUATS	12 SQUATS	
2 MOUNTAIN CLIMBERS	4 MOUNTAIN CLIMBERS	6 MOUNTAIN CLIMBERS	8 MOUNTAIN CLIMBERS	10 MOUNTAIN CLIMBERS	12 MOUNTAIN CLIMBERS	
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
14 PUSHUPS	16 PUSHUPS	18 PUSHUPS	20 PUSHUPS	22 PUSHUPS	24 PUSHUPS	<b>REST DAY</b>
14 SQUATS	16 SQUATS	18 SQUATS	20 SQUATS	22 SQUATS	24 SQUATS	
14 MOUNTAIN CLIMBERS	16 MOUNTAIN CLIMBERS	18 MOUNTAIN CLIMBERS	20 MOUNTAIN CLIMBERS	22 MOUNTAIN CLIMBERS	24 MOUNTAIN CLIMBERS	
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19
26 PUSHUPS	28 PUSHUPS	30 PUSHUPS	2 BURPEES	4 BURPEES	6 BURPEES	<b>REST DAY</b>
26 SQUATS	28 SQUATS	30 SQUATS	2 SITUPS	4 SITUPS	6 SITUPS	
26 MOUNTAIN CLIMBERS	28 MOUNTAIN CLIMBERS	30 MOUNTAIN CLIMBERS	2 LUNGES	4 LUNGES	6 LUNGES	
Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26
8 BURPEES	10 BURPEES	12 BURPEES	14 BURPEES	16 BURPEES	18 BURPEES	<b>REST DAY</b>
8 SITUPS	10 SITUPS	12 SITUPS	14 SITUPS	16 SITUPS	18 SITUPS	
8 LUNGES	10 LUNGES	12 LUNGES	14 LUNGES	16 LUNGES	18 LUNGES	
Day 27	Day 28	Day 29	Day 30	<b>YOU DID IT!</b> 		
20 BURPEES	22 BURPEES	24 BURPEES	26 BURPEES			
20 SITUPS	22 SITUPS	24 SITUPS	26 SITUPS			
20 LUNGES	22 LUNGES	24 LUNGES	26 LUNGES			

Self reflection of the 30 day challenge:

All students will be sent a 30 day challenge and are encouraged to try activities they are comfortable with. Please upload your activity challenge and reflection to your teacher.

# Movement Opportunities

## Activity 1

Every day try to accumulate 60 minutes of physical activity and log this in a weekly personal logbook.

Use the Resistance Training for Teens App to record.

## Activity 2

Partner Challenge: Become a positive role model for someone in your house. Challenge a person in your household to complete each challenge daily. After you each have completed the challenge place a diagonal line through each box in the same direction. If you don't have a person in your house able to buddy up with, try phoning a friend and facetime each other completing the challenge.

## Activity 3

Create and complete your own body weight circuit with different activities. Write or draw it up and share with your friends, family or teacher.

## Activity 4


Participate in one of the following fitness games below:



**UNO PARTNER FITNESS**


COLLECT A CARD  
COLOUR = EXERCISE  
NUMBER = REPS

- RED CARD = POWER JUMPS
- YELLOW CARD = STAR JUMPS
- GREEN CARD = GRAPEVINES
- BLUE CARD = PUSH UPS
- BLACK WILD = 20 HIGH KNEES
- DRAW TWO = 10 SUMO SQUATS
- REVERSE = PERIMETER BACKWARDS RUN
- SKIP = 20 SKIPS



**BODY WEIGHT SNAKES & LADDERS**  FINISH

40 RUSSIAN TWISTS	32 JACK KNIVES	40 SIT UPS	60 MONTAIN CLIMBERS	40 STAR JUMPS	15 TRICEP PUSHUP
40 STAR JUMPS	20 PUSH UPS	30 TRICEP DIPS	10 TUCK JUMPS	10 BURPEES	15 JUMP SQUATS
30 ICE SKATER	50 MONTAIN CLIMBERS	40 STAR JUMPS	20 RUSSIAN TWISTS	15 TRICEP PUSHUP	32 PUSH UPS
10 TUCK JUMPS	40 STAR JUMPS	20 SIT UPS	15 JUMP SQUATS	30 ICE SKATER	10 JACK KNIVES
5 TUCK JUMPS	5 PUSH UPS	30 MONTAIN CLIMBERS	20 STAR JUMPS	5 BURPEES	20 TRICEP DIPS

START 



FREE	DONKEY KICK	HIP RAISES		SQUAT	SIDE LEG LIFT		TRICEP DIPS	
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CRUNCH	RUSSIAN TWISTS	SIT UPS
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Fast-Dealing Property Trading Game

# MONOPOLY

## FAMILY FUN PACK

### MONOPOLY FAMILY FITNESS RULES:

1. Each player must start at GO and roll the dice
2. You must move forward the number on the dice in a clockwise direction
3. You must perform the exercise you land on
4. You can choose the level you complete the exercise at – Rent, House or Hotel\*
5. Chance cards send you directly 'TO JAIL'
6. Community Chest cards – you can select which activity to do, however you must tick it off the list so it cannot be used again\*
7. Complete the 'BANK' table to keep track of your earnings\*

See attached rules sheet for anything that is \*

## FAMILY WINNER:

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MOUNTAIN CLIMBERS	STAR JUMPS	HIGH KNEES
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	LEG STRETCH		ARM STRETCH		LYING SIDE LEG LIFT		JUMP LUNGES	LUNGES	
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### BANK

	RENT	HOUSE	HOTEL
<b>STETCH STREET</b>			
Arm stretch			
Leg stretch			
<b>SQUAT STREET</b>			
Squats			
Walking squats			
Jump squats			
<b>CARDIO CORNER</b>			
High knees			
Star jumps			
Mountain climbers			
<b>AB AVENUE</b>			
Sit ups			
Russian twists			
Crunch			
<b>BOTTOM BOULEVARD</b>			
Donkey kicks			
Hip raises			
Squat side leg lift			
<b>ARM ALLEY</b>			
Push ups			
Shoulder taps			
Tricep dips			
<b>LEG LANE</b>			
Lunges			
Jump lunges			
Lying side leg lift			
<b>BURPEE BOULEVARD</b>			
Burpee			
Military burpee			
<b>PLANK STATION</b>			

## MONOPOLY FAMILY PACK

This has the exact same structure as 'Monopoly': Roll the dice and move your character...

Only this time YOU are the character!!

### RULES

Everyone rolls the dice at the same time - either a real dice, or use an online version e.g. <https://freeonlinedice.com/>

Move yourself the number of space along the board – starting the game at 'GO'

Once at your location perform the exercise on the board

Once you have completed the exercise roll the dice again and continue around the board

If you land in **JAIL** you must complete a wall sit for 30 seconds

**Community Chest** – Use the sheet (see below) and complete an activity

**Chance card** – you are sent to JAIL

**The Train** – This is 'PLANK STATION'. Complete a plank for 1 minute

**The lightbulb** – This is time for a 'bright idea'. Nominate another player to complete 10 reps in an exercise of your choice

**Water works** – Treat yourself to a 1 minute water break

**Luxury Tax** – Unfortunately you owe the bank \$20 – deduct this from your overall total at the end

### HOW TO COLLECT MONEY

Play the game for 20-30 minutes

At each exercise you can decide to:

- RENT – 10 reps of the exercise - \$20
- HOUSE – 12 reps of the exercise - \$30
- HOTEL – 15 reps of the exercise - \$40

Upon completing your exercise fill in your 'BANK' sheet as this will keep track of your money – see below individual sheets

If you return to an exercise you have previously completed either roll the dice again, or complete the exercise at a different level. E.g. I choose to 'HOUSE' attempt 1, but attempt 2 I shall 'RENT'

*(NB: Please change the reps depending on age and ability)*

Every time you pass 'GO' you collect \$200

### WHAT ARE ALL OF THE EXERCISES?

Arm stretches - <https://www.youtube.com/watch?v=VULt--bcWd0>  
[https://www.youtube.com/watch?v=RMJLQ\\_Es1p8](https://www.youtube.com/watch?v=RMJLQ_Es1p8)

Leg stretches -

If you are unsure about any exercise type the name of the exercise into GOOGLE and it will demonstrate to you through pictures or YouTube videos the activity

**INDIVIDUAL BANK CARDS** – you can either print these or write directly into them (Excel document)

Player 1	RENT	HOUSE	HOTEL
<b>STETCH STREET</b>			
Arm stretch			
Leg stretch			
<b>SQUAT STREET</b>			
Squats			
Walking squats			
Jump squats			
<b>CARDIO CORNER</b>			
High knees			
Star jumps			
Mountain climbers			
<b>AB AVENUE</b>			
Sit ups			
Russian twists			
Crunch			
<b>BOTTOM BOULEVARD</b>			
Donkey kicks			
Hip raises			
Squat side leg lift			
<b>ARM ALLEY</b>			
Push ups			
Shoulder taps			
Tricep dips			
<b>LEG LANE</b>			
Lunges			
Jump lunges			
Lying side leg lift			
<b>BURPEE BOULEVARD</b>			
Burpee			
Military burpee			
<b>PLANK STATION</b>			

**COMMUNITY CHEST** – if you run out of community chest, you continue with your next roll

1. Select a song of your choice
2. Have an extra water break
3. Nominate someone to repeat their last exercise
4. Receive an extra \$100
5. Have a minute rest and stretch
6. Nominate someone to have a drink
7. Send a person to Jail
8. Your luxury tax does not count
9. Change your lunges to a 30 second walk
10. Rest Card
11. Select a song of your choice
12. Receive \$50
13. Receive \$10
14. Have an extra water break
15. Receive \$100



## Activity 5

Dancing is one of the easiest ways to get your body moving ... and grooving. Use the link or google Just Dance above to follow the moves on this YouTube-based dance challenge.

<https://www.youtube.com/channel/UC0VIhde7N5uGDIFXXWWEbFQ>



## Activity 6

### Sports Skills

Use this link to access a variety of fun drills and games that will help improve your sports skills:

[https://www.youtube.com/playlist?list=PL-QoEuE7ZDq1Gzx1BMaUN\\_IICGoH2ShyK](https://www.youtube.com/playlist?list=PL-QoEuE7ZDq1Gzx1BMaUN_IICGoH2ShyK)

This is a comprehensive skill progression chart for underhand throwing. It is organized into several sections: 1. 'WHAT ARE WE LEARNING TODAY?' (WHAT) - 'How to throw underhand with accuracy and power.' 2. 'WHY ARE WE LEARNING IT?' (WHY) - 'When we can perform skills with competence, it helps us feel more confident to play games that involve those skills!' 3. 'HOW WILL I KNOW I HAVE LEARNED IT?' (HOW) - 'I can... Break down the underhand throw into its important keys. Throw a ball underhand with accuracy and power.' 4. 'THROWING' - A central illustration of a child throwing a ball, with a QR code and a list of 'THROWING KEYS'. 5. 'ACCURACY' and 'POWER' - Two target areas with green checkmarks. 6. 'THROWING KEYS' - Five key points, each with a green checkmark: 'I face my target as I get ready to throw.', 'I swing my arm as I start my throw.', 'As I swing my arm forward, I step with my opposite foot.', 'I let go of the ball between my knee and wrist level.', 'I follow through by pointing my throwing hand towards my target.' 7. 'NOT YET!' - 'I don't know how to underhand throw with accuracy and power YET!' 8. 'GETTING THERE!' - 'I know the important keys of underhand throwing but forget to use them when I throw (which leads to me missing my target almost every time!)' 9. 'GOT IT!' - 'I know the important keys of underhand throwing and use them to help me hit targets that are within my comfort range!' 10. 'WOW!' - 'I know the important keys of underhand throwing and use them to help me hit difficult targets that are even outside my comfort range!' The chart uses various icons like lightbulbs, targets, and checkmarks to represent different stages of learning.

## **Activity 7**

### **Design opportunities**

Design a human skeleton out of either cut up fruit or vegetables. Take a photo of your healthy skeleton. Use the cut-up fruit or vegetables to create a nutritious fruit salad or vegetable stirfry.

## **Activity 8**

### **Create a Game**

#### **Directions**

Create your own game. List the rules of the game. State whether it is a team game or player versus player. How are points scored if any. Describe the playing space. See if you can incorporate some of the suggested equipment below:

- Cones/Markers
- Jump Ropes
- Hula Hoops
- Bean Bags
- Large Floor Mats
- Tug of War Rope
- Paddles/Rackets
- Frisbee
- Tennis ball
- Cricket Stump
- Large Gym Ball

## **Activity 9**

Construct a map of your local area and design a running, walking, cycling track that is roughly 2 - 4 km long. Use the approximate measurement scale One walking step = 50cm Two walking steps = 1m 50 walking steps = 25m 100 walking steps = 50m 2000 walking steps = 1km

## **Activity 10**

Design an instructional video to complete a skill of your choice. Teach this skill to a family member.

## **Activity 11**

### **Design Task:**

Design a magazine cover that contains headlines and pictures about healthy and empowering messages for young people:

## **Activity 12**

### **Why You Should Exercise**

List 10 reasons why you should exercise. List 10 reasons why you do or do not like to exercise. List 10 exercises you can do.

## **Activity 13**

Go for a 15 minute slow jog and take your heart rate at the end. Record this. Consider the measures you will need to take to practice social distancing

## **Activity 14**

Complete between 30- 100 push ups over the course of your day. Record what you did and try to beat it at another time

## **Activity 15**

During isolation the temptation to increase screen-time will be at an all-time high. Make a personal goal that each time that you use screen time, you complete a realistic exercise challenge eg: Phone touch equals = 5 Burpees , Laptop Usage = 20 Push ups , Watch a movie = 30 minutes of active outside time

## **Activity 16**

Complete a 15-20-minute stretching session

## **Activity 17**

Participate in an individual physical activity of choice that gets your heart rate up and makes you sweat Activities could include: Jogging, Cycling, Interval running

## **Activity 18**

Talk to your parents about activities they used to play in the backyard when they were young. Participate in this activity with them.

## **Activity 19**

Do something for the family member eg: cook a meal, tidy part of the house, offer to mow the lawn / clean the pool , wash the car or pet.

## **Activity 20**

The IOC has made the decision to postpone the 2020 Tokyo Olympics until 2021. Write a persuasive text explaining whether you agree/disagree to this decision under the current circumstances that are happening in the world.

## **Activity 21**

### **The 50/50 challenge**

Complete the following activities and send in your fastest time. 50 push ups 50 sit ups 50 triceps dips 50 Burpees  
Can be completed in any order and you can change exercises. You just need to complete 200 movements.

## **Activity 22**

### **Beep test Challenge**

Download a free version of the Beep test on your phone. Set out a 20 metre zone in your back yard or local park. Plug your ear phones in and push yourself to the limit.

## **Activity 23**

Up your bodyweight workouts Squats (30) Plank (30 secs) Sit ups (30) Lunges (30) Push Ups (30) This can easily be performed twice a day while at home during your normal break times. 1) 11am-11:30am 2) 1:30pm-2pm Increase each exercise by 5 each week you're at home from school.

## **Activity 24**

### **Family Fitness Circuit**

Using any sporting or fitness items you have at home design a family fitness circuit that you could perform in your backyard and/or house.

## RESOURCES

### Crab Toe Touches



no  
rest

**30 reps**

Circuit A. Even if you can't touch your toe, reach directly ahead as far as you can for 30 total reps!

### Jumping Calf Press



**60 reps**

Circuit A. If you'd like this to transform to star jumps, by all means change it up!

### Side Plank



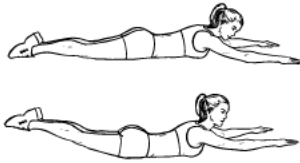
no  
rest

**40 secs**

Circuit A. Only use your left side here!

**1:30**  
rest

### Supermans

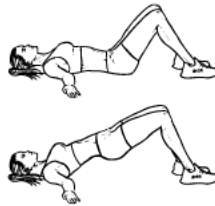


no  
rest

**40 reps**

Circuit B. Are you superman/superwoman? Soon...

### Hip Raises



**40 reps**

Circuit B. Make the bridge as straight as you can!

### Static Squat Hold



no  
rest

**50 secs**

Circuit B. Take mini rests if necessary!

**1:30**  
rest

### Dead Bug



no  
rest

**30 reps**

Circuit C. Our final circuit of the day! Push push push!

### Air Squats



**30 reps**

Circuit C. We can't finish without popping out a few squats, can we?

### Side Plank



no  
rest

**40 secs**

Circuit C. On to the right side only. Finish up like a boss!

## Jumping Calf Press / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

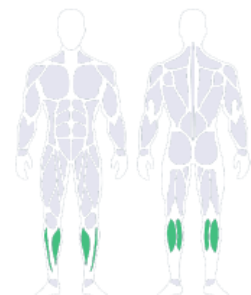
Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.



## Side Plank

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

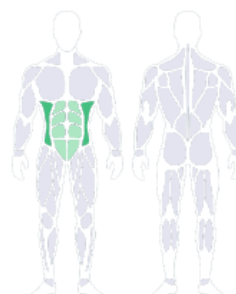
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



## Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings**

Secondary:

**Abs, Lower Back**

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

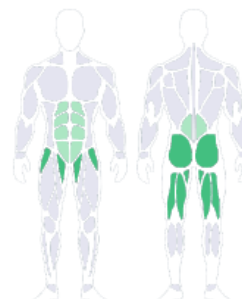
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



## Static Squat Hold

Primary muscle group(s):

**Quadriceps**

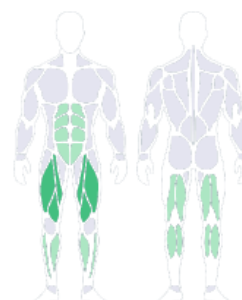
Secondary:

**Abs, Calves, Hamstrings**

Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.

Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.





## Air Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

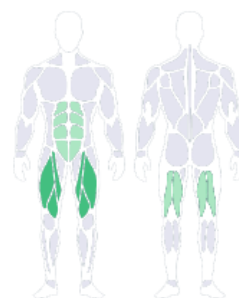
Secondary:

**Abs, Hamstrings**

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



## Dead Bug

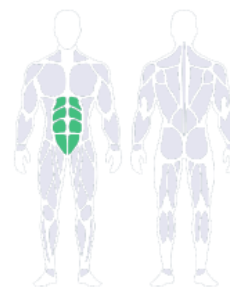
Primary muscle group(s):

**Abs**

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



## Crab Toe Touches

Primary muscle group(s):

**Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps**

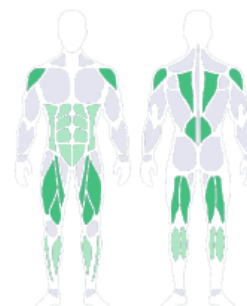
Secondary:

**Abs, Calves, Obliques**

Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.

Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.

Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.



## Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

**Lower Back**

Secondary:

**Abs**

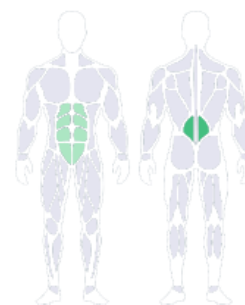
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

**🔥** This exercise can be done using one arm and its opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



# Improving Wellbeing

## Activity 1

Write a response to the following question.

How can remaining physical active during the coronavirus restrictions support my physical and mental health?

## Activity 2

Watch an online Yoga Pilates video and perform the activities

Yoga <https://www.youtube.com/user/yogawithadriene>

Pilates [https://www.youtube.com/channel/UChihwt\\_bNB9iyU6fkMJKYw](https://www.youtube.com/channel/UChihwt_bNB9iyU6fkMJKYw)

## Activity 3

Complete a log of your sleep for a week or use one of the sleep apps below to track.

<https://www.goodhousekeeping.com/health/wellness/g26963663/best-sleep-apps/>

## Activity 4

Download the Smiling mind app and participate in breathing meditation activities.



Or use one of the following links:

<https://www.headspace.com/meditation/kids>

<https://www.smilingmind.com.au/>

## Activity 5

Well-being Mindfulness Challenge for the weekend

For Earth Hour on 28<sup>th</sup> March go totally screen-free! Free from COVID-19 updates. Just relax and enjoy those around you!

Keep well on the inside!

<https://www.earthhour.org.au/>

## Activity 6

### **Gratitude Journal/Challenge**

In challenging times, it can be difficult to focus on the positive. We know that expressing gratitude helps people feel more positive and improves overall wellbeing.

There are two alternatives:

### Alternative One

Each day write one thing you are thankful for. It can be something big or something really small. The important thing is to find at least one thing that you are grateful for.

### Alternative Two

Complete a 30 day gratitude challenge answering a question each day. If the question does not relate to you just find something that you are grateful for from that day.



1. What song are you grateful for?
2. Which primary school teacher are you most grateful for?
3. What are you grateful for today that you didn't have until this year?
4. Who helped you in the past week that you're grateful for?
5. What challenge in your life are you grateful that you had?
6. What coach have you been grateful for?
7. What thing (not person) have you seen while on holidays that you are grateful for?
8. What was better today than it was yesterday that you're grateful for?
9. Who made you smile today that you're grateful for?
10. What opportunity have you had in the past to help someone else that you are grateful for?
11. What basic need do you have that's met by being a member of this family that you're grateful for?
12. What is the thing you are most grateful for in your bedroom?
13. Which piece of technology do you own that you are most grateful for?
14. Which one of your five senses are you most grateful for?
15. What do you have that you are grateful for that you know some other people don't have the opportunity to have?
16. What are you most grateful for in your backyard?
17. What food are you most grateful for?
18. What sound in nature are you most grateful for?
19. What item of clothing that you own right now are you most grateful for?
20. What holiday are you most grateful for?
21. What family tradition are you most grateful for?
22. What makes you laugh that you are grateful for?
23. What present have you been given that you are most grateful for?
24. What app on your phone are you most grateful for?
25. What restaurant are you most grateful for?
26. What concert are you most grateful you've gone to?
27. What are you grateful that you learned today?
28. What book are you grateful for?
29. What piece of artwork are you grateful for?
30. What are you most grateful for in the Hunter area?

### Activity 7

Write a weekly list of affirmations (eg: I will focus on things I can control and grateful for my good health)

### Activity 8

Read a sport related book or listen to an athlete's podcast.

## **Activity 9**

### **Movie Review:**

Watch one of the following movies that will relate to content you will look at this year”

Year 7 RUOK?

Inside Out

Year 8 Like, Comment, Share

Wonder

Year 9 Sustainable Health

Supersize Me

Year 10 Overcoming Adversity

Remember the Titans or 42

## **Activity 10**

### **Discuss the statement:**

***Facebook and Instagram are destroying young people’s lives!***

Provide two reasons why you think this is the case:

Provide 2 reasons why you think this is not the case:

What is your final decision?

## **Activity 11**

### **Factors Influencing Health Access**

When it comes to accessing information about health there are numerous factors that influence the type and quality of information someone receives.

Analyse the factors that may affect the ability of some people to gain access to health information and health services:

## **Activity 12**

### **Strategies that Improve Access to Health Information**

It is important to improve the access to health care for disadvantaged people so that they can live happily and without any extra fear of not being cared for. In order to do this there are a number of strategies that are employed by; the Australian Federal and State Government’s; private health insurance agencies; and, community organisations.

### **Research Task**

**Analyse at least 5 organisations that help people gain access to health information**

## **Activity 13**

### **Rate *your* top ten healthy and unhealthy behaviours**

Examples: sleep, playing video games, eating fast food, eating fruit and vegetables, exercise, completing homework, studying for an exam, packing your lunch, watching youtube, eating dinner at the dinner table, etc.

## **Sporting Activities**

### **Activity 1**

For a sport of your choice, Write down all the important skills to make an athlete successful. Keep a log of this in a separate workbook.

### **Activity 2**

Create 3 balls using socks (or you can use tennis balls) and learn to juggle. Record your attempts using your phone.

### **Activity 3**

Watch an online or dance video and copy, recording your final product (not tik tok)

### **Activity 4**

Create an obstacle course in your home or backyard. Blindfold a family with a football sock and then use different communication styles to guide them through the course. Record each family members time and see who the best performer was.

### **Activity 5**

One of Mr Hurley's favourite indoor activities is knee baseball. (ideal location hallway and bedroom)

Equipment required:

- 1) Cling Wrap or Foil cardboard roll
- 2) masking tape to create a small ball (golf ball size)

Rules: Under arm pitching, rebound catches permitted, 3 strikes and you're out, no base running

## **Activity 6**

### **Scenario:**

Imagine you are the Minister for Sport and you have been given \$10 000 000 to spend on ensuring that children stay as active as possible during the COVID 19 Outbreak.

Explain what you would spend the money on and why?

## **Activity 7**

### **Family Fitness**

#### **Family Fitness Profile**

Who is the fittest person in your family?

Describe the fitness of your family in 3 words

What is your family's favourite fitness task?

What is the biggest barrier to your family's fitness?

List the sports that your family takes part in on a weekly basis:

If you could change one thing about your family's fitness habits what would it be?

What is one fitness task that you would like to complete with your family

in the future? Have any members of your family represented at a high level

in sport or fitness? Explain List any areas of fitness that your family excels

in:

What could you do to help your family be as fit as possible?

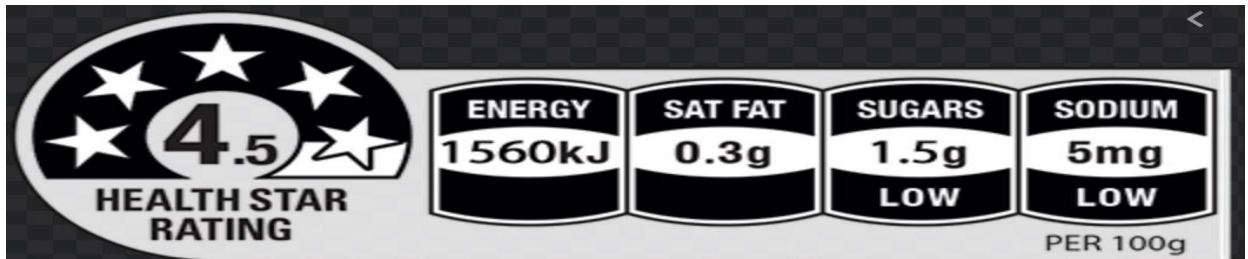


# Nutrition

## Activity 1

### Home Food Challenge

Accessing both your fridge, pantry and any available food in your house and answer the following table answer the questions beneath.



Product	Name of Product	Amount of Energy (kJ)
1 star rating		
2 star rating		
3 star rating		
4 star rating		

### Questions:

1. How does the star rating system work? What is good, what is poor?
2. Did the sugar amount go down as the star rating went up?
3. What star rating do you think Fruit and Vegetables would have? Why?
4. Did any food's rating surprise you? Why/why not?

## Activity 2

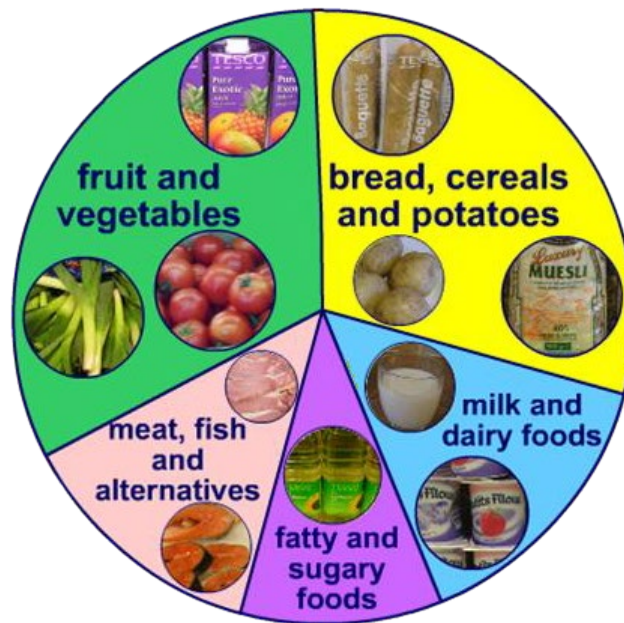
### Food Diary Task 1

Now that you are at your home a lot more and don't have set eating times. Construct a diary of everything you have eaten during each day of the week. Each day write down what you have eaten then categorise the food into the five food groups

- 1) Fruit and vegetables
- 2) Meat/fish
- 3) Fatty foods
- 4) Dairy
- 5) Breads, Grains and Cereals

### Task 2

Find the percentage of the food group headings and construct a pie graph to visualise your weekly eating



## **Activity 3**

### **Goals**

SMART Goals are:

- **Specific:** to the point.
- **Measurable:** you need to be able to check it.
- **Attractive:** is it something that motivates you?
- **Realistic:** not too easy, but not impossible either.
- **Time based:** you need to have a dead-line.

### **Task:**

Create a smart goal for the following areas of health:

1. Physical activity
2. Nutrition
3. Screen time

E.g. Physical Activity Goal:

Over the next 4 weeks I will complete at least 10 000 steps a day. To do this I will ensure I move around the house and backyard as much as possible and check my progress on my Fitbit. I will record my daily steps in my diary before I go to sleep each night.

**Please upload all completed activities in your year group Google Classroom:**

**Year 7 PDHPE Take Homes - medim4t**

**Year 8 PDHPE Take Homes - 2zrxbfe**

**Year 9 PDHPE Take Homes - ofwk4ek**

**Year 10 PDHPE Take Homes - rc7uw76**