



# Hunter Sports High PDHPE Work



**Practical:** On the following pages are resources and guidelines to support students meet minimum physical activity guidelines if they are unable to come to school for periods of time. This is for 7-10 PDHPE

Included in the practical package:

- ❖ **Physical activity and health bucket list-** Students should go through this over the next couple of weeks and tick off as many as they can
- ❖ **Resource table-** This has links and diagrams of body weight work outs, yoga routines etc. that can be performed at home. It also has links to the smiling mind resource which students can sign up for, providing them with access to breathing and meditation activities.
- ❖ **The Physical activity log.** – Students should keep track daily of what they are doing in terms of physical activity and aim for 60 minutes a day with a minimum of 30 minutes. Use the log table to help tally

**9 & 10 PASS:** Mr Trypas is looking to set you guys up on the app that is used in the gym. This will give you access to body weight workouts you should be doing and when and will allow you to communicate with him through there.

## **Theory lessons:** ( For students not able to attend class)

Most classes are up on an online platform.

Your class teacher will ensure all work in online with appropriate instructions for activities to be completed.

## **Assessment reminders:**

**Year 7-** Changes and challenges task due early Term 2.

**Year 8-** Mental health portfolio- Ensure you are completing class work and organising samples into a digital portfolio to share with teacher early term 2

**8E-** As above as well as your mental health campaign. – Please ensure you have shared all aspect of your campaign with people in your group so you can still collaborate

**Year 9-** Unit portfolio- Ensure you are completing class work and organising samples into a portfolio to share with teacher early term 2

**Year 10-** 'Discover, Create Present' Task- Make sure you complete your research in the discover section, do the mandatory create and present activities and then use the marking rubric to see where additional activities can support you to add value to your final submission early term 2.

**10 PASS-** Make sure you are up to date with classwork and checking online regularly as you will be assessed formatively.

**Year 9 PASS-** ensure you have studied Skeletal system, joints, joint actions, movement terms and muscular system for your assessment which will currently still go ahead Thursday Week 9

# Health and Physical Activity: Student Bucket list

**Student Name:**

**Class:**

- Physical activity guidelines suggest that young people get at least 60 mins of moderate activity a day, engage in strength activities 3 times a week and limit recreational screen time to no more than 2 hours a day. Use this bucket list over the next few weeks as well as the activity log to tick off health and physical activity achievements. ( Tick off as many as you can)

I have completed my daily physical activity log for 7 days	I have walked least 6000 steps in 1 day	I have walked least 9000 steps in 1 day	I have participated in between 30-60 minutes of activity every day for a week.  Week 1	One physical activity I like doing is  _____	Go for a 30minute bike ride
Do 30 push ups in one day. (doesn't have to be at once)	Do 50 push ups in one day. (doesn't have to be at once)	Do 100 pushups in one day. (doesn't have to be at once)	Complete 15 minutes of stretching in a day	Complete a body weight circuit	Design a body weight circuit and write or draw it up and share with your teacher.
Write a response to the following question.  <b>Why is physical activity good for mental health</b>	I have done some strength based activities at least 3 times in a week	I have trained for my sport at least 2 times this week  Week 1	I have trained for my sport at least 2 times this week  Week 2	I have participated in activities that have got my heart rate up.	Complete a 2 <sup>nd</sup> body weight circuit
What is your max HR ( 220- your age)  _____	I went through a whole day without using my device for recreational purposes for more that 2-3 hours	Provide 2 benefits of physical activity for health	Watch an online yoga or dance video and copy	Write down an add you have seen on TV that tries to promote some aspect of health or wellbeing	I have participated in between 30-60 minutes of activity every day for a week.  Week 2
Get at least 8 hours sleep for at least 5 nights in your week	Do something that makes you smile	Download the Smiling mind app and participate in breathing or meditation activities	Drink at least 1L of water every day for a week	Get a sweat up	I have participated in between 30-60 minutes of activity every day for a week.  Week 3

Example of body weight circuit

20 min body weight workout

- Female instructor <https://www.youtube.com/watch?v=UBMk30rjy0o>

- male instructor <https://www.youtube.com/watch?v=leGrTqW5lek>

### Do-Anywhere Toning Circuit

- 1 MINUTE: Squats**
- rest 12 seconds -
- 1 MINUTE: Lunges**
- rest 12 seconds -
- 1 MINUTE: Push-ups**
- rest 12 seconds -
- 1 MINUTE: Bridge**
- rest 12 seconds -
- 1 MINUTE: Plank**
- rest 12 seconds -

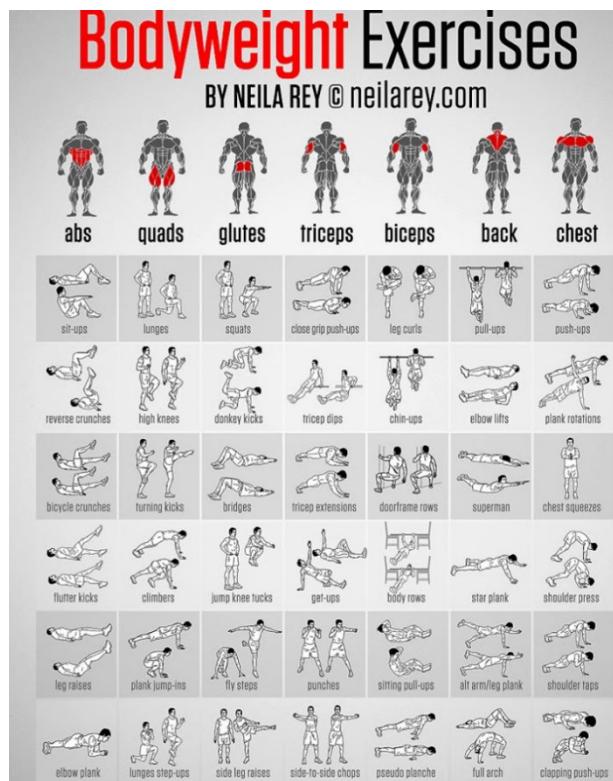
Repeat 6-minute circuit 3 times  
for a total of 18 minutes.

### 7-MINUTE HIIT WORKOUT

Do each exercise at **high intensity** for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

- JUMPING JACKS
- WALL SIT
- PUSH-UPS
- CRUNCHES
- CHAIR STEP-UPS
- SQUATS
- TRICEPS DIPS
- PLANK
- HIGH KNEES/RUNNING IN PLACE
- LUNGES
- PUSH-UP ROTATIONS
- SIDE PLANK

Body Weight exercise examples



<https://www.youtube.com/watch?v=agwCQ4KdC70>- top 10 body weight exercises

Yoga and dance Meditation

Just dance routines - <https://www.youtube.com/watch?v=vQ4fTl4wbko>

10 min yogo workout for beginners- <https://www.youtube.com/watch?v=VaoV1PrYft4>

Smiling mind webpage and app link- <https://www.smilingmind.com.au/smiling-mind-app>

Smiling mind sign up- <https://app.smilingmind.com.au/account/signup/>

# Physical Activity Log

Day/ Date (Add date)	Activity 1 (Duration minutes)	Activity 1 (Duration minutes)	Activity 1 (Duration minutes)	Total Minutes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal- 30-60 minutes a day

Name: \_\_\_\_\_

Week \_\_\_\_\_



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Friday				
Saturday				
Sunday				

Goal- 30-60 minutes a day

Name: \_\_\_\_\_

Week \_\_\_\_\_

