

Self Management -

For this task you need to clean and organise your room. Making sure that it's nice, clean and tidy! While you're completing this task think about the things that you still use, and things that you don't (clothes, toys, games etc). Ask yourself What are some things I could do with the items I don't need? Could they be donated?

(Have a discussion with your parents or caregiver about your ideas, and what the next steps might be)

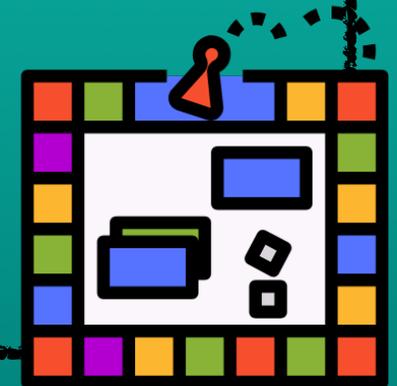


Creativity -

Design a board game that involves different aspects of fitness and exercise. Think about a game that you really enjoy playing with your family, and see if you can adapt it.

Remember to have materials needed to play, and also the rules of how to play. You might also need things like..

1. Dice
2. Task Cards
3. Tokens (to move)



Thinker - For this thinking task you are required to create a 6 hole mini putt (mini golf) course using items from around the house. This is your opportunity to think outside the box, and to get creative!

Remember that you'll need to have obstacles that each player will need to get around so that they can put their ball in the "hole" (if it was me I'd use a paper/plastic cup.)

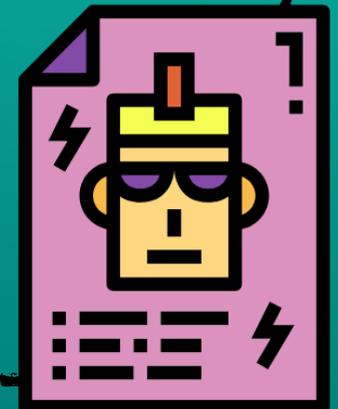
You might also want to set up a certain amount of attempts for each hole (3 shots for 1st hole)



Visual Literacy - Create a poster that is advertising a movie night. Do a little bit of research into what the movie is about and give the viewers a taste of what they can expect.. Can you talk about how the school values, learner profiles and approaches to learning might be linked to the movie?

Remember your poster should

- Be readable from a distance.
- Stand out
- Use images.
- Have good use of space.
- Have cool text
- Be interesting!



Social - For this task organise a picnic (with help from an adult) for the rest of your family members to have in the lounge. **Think about food you'd take with you to the beach or park.** While you're having having your picnic in the lounge have some questions prepared that might be a conversation starter. An example of some questions might be.

- What are you scared of?
- What was your first trip overseas?
- Can you tell me something that I don't know about you?



Risk Taker - For this task you are required to create a dance routine for your family members, and then to be a risk taker and perform it in front of them.

To help you out with things you can do in your routine you can get ideas off youtube channels such as

- [GoNoodle](#)
- [Just dance](#)
- [KidzBop!](#)
- [Move 2 Learn](#)
- [Pancake Manor](#)

Now GO Rock 'n ROLL!



Cooperation - For this cooperation task you are to work with someone in your household to make the rest of the family something healthy and delicious to eat! This can be breakfast, lunch or dinner!

While you're working together discuss different things people do to communicate, and why you think this is important as part of our overall well-being to communicate as humans.



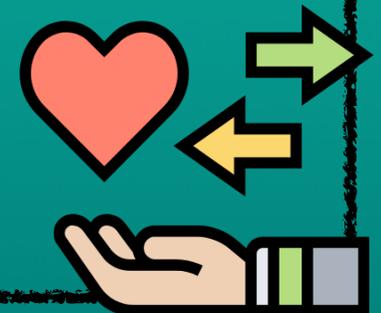
What do you think would happen if we couldn't communicate?

Empathy - The definition of empathy is the ability to understand and share the feelings of another.

For this task you are to write your mum, dad or guardian a letter telling them how much you appreciate all they do for you. In your letter you might tell them of a time that you felt grateful to have them in your life, and how much you love them.

You could reflect on things that you have experienced like

- A family trip
- A birthday
- A celebration



Communication - For this task choose a book that you think that all the family might enjoy and take turns to read it to one another each day. Once you have finished reading have a list of questions that can be conversations starters.

- What did you like best/least about this book/chapter?
- Which characters in the book/chapter did you like best/least?

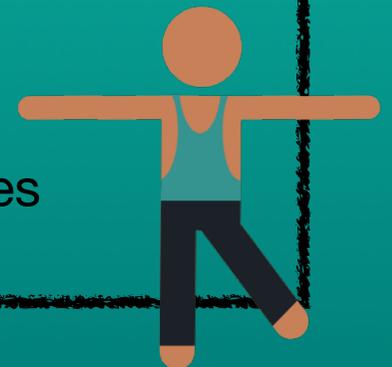
• If you were making a movie of this book, who would you cast?



Organisation - Plan out a balance routine and think about how you are going to connect the movements in your routine. What are some things you can do to transition (change) between one balance and the next?

Some balances you might like to do are.

- 1 point
- 2 point
- 3 point
- 4 point
- Arm balances
- Knee balances
- Standing balances



Research - For this research task you are to present a research project on your favourite sports personality. Some things you might want to find out are.

- Age
- Place of Birth
- Hobbies
- Other skills (Businesses owned)
- Money earned
- Motivation
- Other sports played
- What drives them?

You can present this using the app you fell will work best for this task.



Kindness - For this kindness task you are create a kindness poster.

On this poster you are to use your own words to explain

- What kindness is to you.
- Why it's so important
- And how it's connected to the world around us.
- Examples of what people can do to show kindness.

You can present this using the app you fell will work best for this task.



Commitment - Set a goal to be active every day that you're away from school. This doesn't have to be something that takes up a large part of our day and might be something that you do once you get out of bed before breakfast.

You might be committed to doing 20 of the following each day.

- Star jumps
- Sit ups
- Burpees
- Crunches
- Squats
- Lunges
- High knees



Ingenuity - Design a game that you think would be fun to play with you family and friends.

Remember the game needs to have a name, materials that are needed to play, and rules on how to play etc.

You may use any app you like to show how your game is played.

Remember to use images and video if you want to make it easier for people to know how to play.

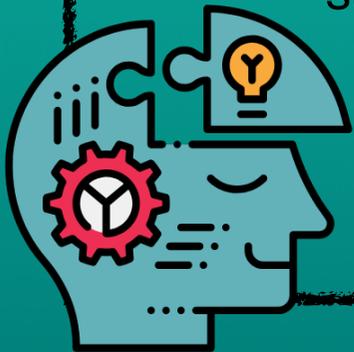


Mindfulness - For this mindfulness task I would like you to take the time to just relax, to focus on your breathing and slow down.

Sit down with someone from your household and play the attached link

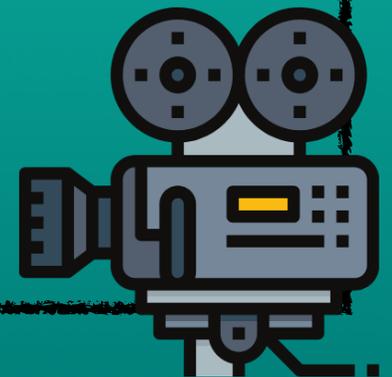
[Mindfulness Meditation for Kids](#) and take the time to think about the things you are grateful for and why.

Once the video has finished be sure to talk to your mediation buddy about your amazing thoughts.



Reflection - Watch the sports movie that you created the poster for with your family. After The movie have a discussion about what the moral of the movie was and what you took out of the movie.

- Who was your favourite character? Why?
- What was the message? Why?
- Can you make any connections to the movie and your life? Why?
- What part of the movie was most powerful?
- What were you thinking at the end of this movie? Why?



Responsibility - This responsibility task will require you to think about examples of what responsibility looks like in school/physical education (at school and at home) and explain how these examples in School/PE are connected to the wider community.

Think about why responsibility is so important in the world we live in and what people

need to be doing to make sure they are keeping themselves and others safe.



Inquirer - For this inquirer task you are to create a PE treasure hunt for someone in your household.

You will be required to place fitness clues (they work out clue do some fitness then move to next clue) around your house so that people can use this to find the next clue, and track down the treasure (this might be a sweet treat, or something cool like an I.O.U one chore card)

Your clues need to be fun and reasonably tricky.

