

PREP: Monday 7th June to Thursday 10th June

PHYSICAL EDUCATION	PERFORMING ARTS	ART	AUSLAN
<p>Task</p> <p>Kick the target</p> <p><u>Step 1:</u> Find an open space outside or indoors (with parent permission).</p> <p><u>Step 2:</u> Gather lots of different targets to knock down (e.g. stuffed toys, cereal boxes, milk containers).</p> <p><u>Step 3:</u> Set up these targets around different spots in your playing area. Allocate points to each item (e.g. 1 point for a larger target, 5 points for a medium size target and 10 points for a smaller target).</p> <p><u>Step 4:</u> Find a large ball to kick and mark out a starting line to begin your game from.</p> <p><u>Step 5:</u> The game is simple – you get 5 turns. Kick the ball from your starting line and try to knock down a target. Add your points together after 5 turns!</p> <p>Can you beat your score? Challenge someone else in your house to beat your score!</p> <p><i>Remember to look at the target and ball, step next to the ball with your non kicking foot, and swing and kick the ball with your kicking foot.</i></p> <p>LOOK, STEP and KICK!</p>	<p>Task</p> <p>Tempo - fast or slow</p> <p>Choose a nursery rhyme or children’s song you are familiar with (e.g. ‘one, two, three, four, five, once I caught a fish alive’ or ‘ten in the bed.’ Sing it at varying tempos, such as: fast, intermediate, and slow.</p> <p>Look in the kitchen for a rattle, such as a container with rice or a bottle from the spice rack. Sing the same song and try shaking the container to the beat. Have a go at changing the tempo to a fast or slow beat.</p>	<p>Task</p> <p>Construction</p> <p>Continue exploring construction at home!</p> <p>Use any materials you have available (e.g. Lego, paper, plastic cups or blocks). What can you construct? How can you make it strong and stable?</p> 	<p>Task</p> <p>Getting a message across using gestures</p> <p>Try to get a drink without talking. You could:</p> <ul style="list-style-type: none">• Tap someone on the shoulder• Hold a pretend glass and pretend to drink• Put a ‘please give me’ look on your face.• Point to the tap or your drink bottle and then to yourself• Pretend to drink