

# PREP: Monday 7th June to Thursday 10<sup>th</sup> June

## PHYSICAL EDUCATION

### Task

#### Kick the target

Step 1: Find an open space outside or indoors (with parent permission).

Step 2: Gather lots of different targets to knock down (e.g. stuffed toys, cereal boxes, milk containers).

Step 3: 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).

Step 4: Find a large ball to kick and mark out a starting line to begin your game from.

Step 5: 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!

Can you beat your score?

Challenge someone else in your house to beat your score!

*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.*

**LOOK, STEP and KICK!**

## PERFORMING ARTS

### Task

#### Tempo - fast or slow

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.

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.

## ART

### Task

#### Construction

Continue exploring construction at home!

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?



## AUSLAN

### Task

#### Getting a message across using gestures

Try to get a drink without talking. You could:

- 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