



HOME LEARNING PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE ONE WEEK: FOUR

HEALTHY AND UNHEALTHY FOOD

It's important that each day we eat lots of healthy foods. Think about the foods you know are healthy and unhealthy. Draw or write down 3 healthy and 3 unhealthy foods in the boxes below.

HEALTHY FOODS

UNHEALTHY FOODS

HEALTHY SNACKS

Watch the 'Healthy Snacking' video below:
<https://www.youtube.com/watch?v=boG0xahrWfl>

Think about the healthy snacks you saw in this video. Write these down below.

WEEK FOUR ACTIVITIES

Try to do each of these activities for 20 seconds without stopping. Take a 10 second break, then repeat this twice more.

Don't forget to tick the box once you have completed the activity!

WEEKLY FOCUS: UPPER BODY



Activity One: Arm Circles

What: Circle both arms out to your side - start small like tennis balls, get bigger like basketballs, then even bigger like bike wheels. Circle forwards for 10 seconds then backwards for 10 seconds.

Challenge: Run on the spot while circling your arms.



Activity Two: Crab Walk

What: Start sitting on your bottom, legs bent, with your hands flat on the floor behind your bottom. Point your fingers towards your heels and lift your stomach up to the ceiling. With strong arms, move side to side in your crab position.

Modified: Hold your crab position without moving.



Activity Three: Plank Star Jump

What: Start in a plank position. Make sure your hands are beneath your shoulders and your legs are straight. Keep your hands stuck to the ground and jump your legs apart then back together again. Repeat this.

Modified: Step each leg out and in one at a time instead of jumping.



CHALLENGE OF THE WEEK

EAT THE RAINBOW

When we eat fruits and vegetables of all different colours, we are making sure we get all of the healthy nutrients our bodies need. On each day of the week, tick the box each time you eat a fruit or vegetable from that colour group. See if you can eat at least one thing from each colour by the end of the week!

	RED	ORANGE	YELLOW	GREEN	PURPLE/ BLUE	BROWN/ WHITE
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

KEEP MOVING!

Access the fourth week of our online dance
program here:

https://drive.google.com/file/d/1ZFJgk7ZcneFOeHTDK_saWqwbUcvQ_-08/view?usp=sharing

Videos are available for every stage. The dance program is presented by YouTube sensation, JustDance ambassador and Fit Futures dance coach Jayden Rodrigues and videos last about 20 minutes.

Get everyone moving with our workout and skills-based videos on the Fit Futures YouTube channel:

<https://www.youtube.com/channel/UCIRnP6dZYlCdTdvTWRoYdfQ>