



# HOME LEARNING

## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE THREE      WEEK: THREE

### RESILIENCE - WHAT IS IT?

Watch 'Resilience in Kids Created by First to Draw' until 1:47:

<https://www.youtube.com/watch?v=HYsRGe0tfZc>

After watching the video, write down what you think resilience is:

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It's important to show resilience when we are doing physical activity. We can encourage others, and ourselves, to be resilient by using kind and positive words.

Think about a situation where you might use positive words to help a friend to be resilient and write this down below. For example, your best friend is playing a game of soccer and they miss a goal.

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Now, write down at least three examples of things you could say to encourage them to keep going.

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# WEEK THREE ACTIVITIES

Try to do each of these activities for 45 seconds without stopping.

Take a 15 second break, then repeat this twice more.

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

## WEEKLY FOCUS: CORE



### Activity One: Mountain Climbers

**What:** Get down on the ground like you are about to do a push up. Bring one knee towards your chest, and then swap legs. Continue to do this, speeding up until you're 'running' against the floor.

**Modified:** Bring one knee towards your chest, and then swap legs at a slower pace.



### Activity Two: Side to Side Bunny Hops

**What:** Start in a crouched position with your hands flat on the floor in front of you, making sure your arms are straight and strong. Keeping your knees and ankles together, jump your feet from side to side without moving your hands.

**Modified:** Do a forward bunny hop - keep your knees and ankles together, kick your bottom and your feet will land in the same spot.



### Activity Three: Bicycles

**What:** Lie on your back and bring both knees to your chest. Place your hands behind your head. Bring your chin to your chest. Move your right elbow and left knee towards each other, return to your starting position, then bring your other elbow and knee together. Repeat this.

**Modified:** Bring your knees in, but keep your head on the ground and arms flat by your sides.



Think of another exercise you could do to strengthen your core. Using a timer, see how long you can do this exercise for. Try it again twice more this week, and see if your time improves.

The exercise I have chosen is: \_\_\_\_\_

Day 1 time: \_\_\_\_\_

Day 2 time: \_\_\_\_\_

Day 3 time: \_\_\_\_\_

Don't forget to stretch your core out after you do these exercises! Lie on your stomach, put your hands flat on the floor under your shoulders. Keeping your hips touching the floor, push up until your arms are straight. Hold for 5-10 seconds.

## CHALLENGE OF THE WEEK

Using the information you came up with on the first page about 'resilience', create a poster that you could use to teach a family member or friend about what resilience is. You could use the back of this sheet of paper or a separate piece.

On your poster, include the following things:

- A heading
- What it means to be resilient
- An example of someone being resilient
- Some kind, positive words you could use to help someone to be resilient

# KEEP MOVING!

Access the third week of our online dance  
program here:

[https://drive.google.com/file/d/1vQ2yjBnqna5luZSB2i9o72\\_NJFCi\\_eD9/  
view?usp=sharing](https://drive.google.com/file/d/1vQ2yjBnqna5luZSB2i9o72_NJFCi_eD9/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>