



# HOME LEARNING PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

STAGE ONE WEEK: THREE

## RESILIENCE - WHAT IS IT?

Watch 'Roald Dahl's Marvellous Children's Charity's Phizz-whizzing Workshops: Resilience' here:

<https://www.youtube.com/watch?v=6C4FSxTAPCw>

After watching the video, circle the answer you think is correct. What is resilience?

When you keep going, even if you don't really want to.

Having more friends than anyone in the world.

A type of pasta.

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.

Click the link below to watch the 'Cardio Warm Up: Candyman' on the Fit Futures YouTube channel. Count how many positive words are said, and write some of them down.

<https://www.youtube.com/watch?v=0iYFliPptcU>

How many positive things did you hear? \_\_\_\_\_

Some positive things I heard were:

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# WEEK THREE 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: CORE



### Activity One: Crab Kicks

**What:** Sit on your bottom with your legs bent. Place your hands flat behind your bottom, pointing your fingers towards your heels, and push to lift your bottom off the ground. Kick one leg up in the air then place it down. Repeat with the other leg.

**Modified:** Keep your bottom on the ground, lift your knee to your chest, place it down, then lift your other knee to your chest and repeat.



### Activity Two: Superman

**What:** Lay on your stomach with your arms and legs out straight. Lift your arms and legs off the ground like you are flying high in the sky like SUPERMAN!

**Modified:** Lift your arms off the ground only.



### Activity Three: Frog Jumps

**What:** Get down on the ground like you are about to do a push up. Bring both knees in to your elbows by jumping in to a squat position, keeping your hands on the ground. Get back into a push up position and repeat.

**Modified:** Bring one knee to the elbow, bring the other knee to the elbow then bring both feet back to push up position one at a time.



After we exercise, it's important to stretch. Today we have spent a lot of time working our core, so it will feel great to give it a nice stretch.

### **Stretch One:**

Lay on your stomach, and put your hands flat on the floor under your shoulders. Keeping your hips touching the floor, push up until your arms are straight. Your body will now be in a cobra position.

### **Stretch Two:**

Sit on the ground with your legs crossed. Place one hand on the floor beside you, and reach the other arm up and over your head, leaning into the hand that's on the ground. Repeat this on the other side.

## **CHALLENGE OF THE WEEK**

Being mindful is an important part of being resilient. See if you can complete the Go Noodle mindfulness activities below on at least three days this week.

### **Day One: 'Bring it Down'**

[https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)

### **Day Two: 'Rainbow Breath'**

<https://www.youtube.com/watch?v=029e4rRMrV4&t>

### **Day Three: 'Melting'**

<https://www.youtube.com/watch?v=fTzXFPh6CPI&t>

# KEEP MOVING!

Access the third week of our online dance  
program here:

<https://drive.google.com/file/d/1TQm11xpSBgwMopJtQXWmC6kjQ6kFYRyP/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>