

## MPPS PE ACTIVITY MATRIX

Hi everyone,

I hope you enjoy the different activities. Feel free to try 2 activities or challenge yourself to complete all of them. I am looking forward to hearing how you went and which on was your favourite. Please remember before participating in any physical activity that you have the permission and supervision of your parent/guardian. Also don't forget to clean up after yourself. Enjoy! Stef 😊

<p style="text-align: center;"><b><u>Create a game</u></b></p> <p>Your challenge is to create a game. Your game must have the following:</p> <p><b>Game Name:</b> Be creative 😊</p> <p><b>Number of players:</b> would it be teams, groups or individual?</p> <p><b>The play area or boundaries:</b> You will need to think about where your game can be played- outside/inside</p> <p><b>Equipment:</b> Only use equipment you can find at home</p> <p><b>Rules:</b> You will need to come up with all the rules for the game. Keep it simple, no more than 5 rules.</p> <p>You can write out the rules and bring it along to school. You will be able to teach the rest of your class how to play your game throughout the year!</p>	<p style="text-align: center;"><b><u>60 Second Challenge</u></b></p> <p><b>Around the world:</b> How many times can pass the ball around your waist in 60 seconds? If you drop the ball you need to start again. Achieve Gold: 50 times around your waist Achieve Silver: 40 times around your waist Achieve Bronze: 25 times around your waist</p> <p><b>Speed Bounce:</b> How many times can you bounce over a pillow in 60 seconds? Both feet must land over the pillow for the jump to count. Achieve Gold: 80 bounces Achieve Silver: 50 bounces Achieve Bronze: 20 bounces</p> <p><b>Tap up Tennis:</b> How many times can you tap up a tennis ball on a racket in 60 seconds. If the ball touches the floor, time continues but your score freezes until you start tapping again. Achieve Gold: 60 tap ups Achieve Silver: 35 tap ups Achieve Bronze: 10 tap ups</p> <p>If you don't have a ball-use a cuddly toy If you don't have a cone use a pillow If you don't have a racquet use a frypan and sock</p>
<p style="text-align: center;"><b><u>Keepy Uppy</u></b></p> <p>Find any ball in your household to use for this one. If you don't have a ball be creative - roll of socks, scrunched up paper etc. Using any part of your body all you have to do is try to keep your ball in the air for 30 seconds - catching the ball is not allowed.</p> 	<p style="text-align: center;"><b><u>Couch Island</u></b></p> <p><b>Equipment:</b> couch, towels, stuffed animals, stop watch/clock, pillows</p> <p><b>Set up:</b> With your parents permission create a trail leading to a couch in your house. Place all equipment on the floor. It can be your choice of how long or short it can be.</p> <p><b>Instructions:</b> You will start on an object and make your way all the way to the couch. The floor is considered water so you must not fall off. If you fall off you need to return to the start of the trail. Time yourself to see how long it takes. Good Luck!</p> 
<p style="text-align: center;"><b><u>Bike ride</u></b></p> <p>National Ride2 School day is coming up on March 19<sup>th</sup>. To get ready for this day, with parent/guardian, why don't you go for bike ride, ride your scooter or go for a walk. Don't forget to wear your helmet.</p>	<p style="text-align: center;"><b><u>Mindfulness- Tense and Release Muscle Relaxation</u></b></p> <p>-Starting at the feet gently squeeze the muscles in the feet by tightening them, then slowly releasing</p> <p>-Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release</p> <p>-Continue moving up the body for more relaxation</p>