




Enrichment Learning Grids: Stage 1



Weeks 2 – 3

The Enrichment Learning Grids have been organised into topic areas and provide a range of activities for students to choose from. Students complete a variety of activities daily, with guided support from parents/carers. If you have access to a device, you can choose some of the online learning options. Parents/carers please supervise your child when working online. Additional support material can be found in the appendices, which are attached to this document.

PHONICS/SPELLING Choose your activity below:			
How quick are you? Read the spelling/phonics list for the week and time yourself. <i>Can you beat your time?</i>	Phonics Focus! What is the phonics (sound) focus of the week? With your parent/carer, list as many words as you can that have the same sound/spelling rule.	Word Meanings Select four words from your spelling list and use a dictionary to find their meanings. Write the words and their meaning into your workbook.	Antonyms (Opposites) Antonyms are words that are opposite, for eg. good - bad. Write the opposites for these words in your workbook. up on front lift boy female Can you think of more?
Silly Sentences Use your phonics/spelling words to write a silly sentence. 	Verbs (action or doing words) In your workbook draw a picture for each of these verbs. Label your drawing with the correct verb. Eat Sleep Run Skip Stir Read Appendix 2: Verbs	Rhyme List Make a list of all of the rhyming words for ' <u>ag</u> ' and ' <u>ame</u> ' e.g. drag, bag, same, game. 	Word Search Create your own word search. Use words from your spelling list, hide the letters in a straight line in the grid. Ask a family member to find the words you have hidden in the grid. Appendix 1: Word Search
Daily Learning Tasks: Yellow Activity Watch the clip that matches your fortnightly phonics/spelling focus. 'dr' & 'gr' https://www.youtube.com/watch?v=cS8bvbyWFZ4 'sn' & 'st' https://www.youtube.com/watch?v=54tbiF3gqhg	Rhyming Words <u>Underline</u> the rhyming words in each question then answer Yes or No . Write the questions and answers in your workbook. Eg. Does a <u>snail</u> deliver the <u>mail</u> ? <u>No</u> Appendix 1: Rhyming Words	Green Yr 2 – Word Work Add your focus digraphs ('ar' and 'or') to these word beginnings and endings to make new words. Write them in your workbook. Appendix 1: Word Work Yr2 	Daily Learning Tasks: Green Activity Watch the clip that matches your weekly phonics/spelling focus. 'ar' https://www.youtube.com/watch?v=zKLYNjkROBI 'or' https://www.youtube.com/watch?v=JXB3b8Sk6OU







READING

Choose your activity below:

<p>Using Expression!</p> <p>Read your book out loud to someone remembering to use expression!</p> <p>E.g. Use a loud, soft, high or low voice that reflects the storyline and characters. Pause for punctuation.</p>	<p>Outside Reading</p> <p>Choose a book you have read and take it to a calm place outside to read.</p> <p>Read the words or explain the pictures to a toy or pet.</p> <p>If you get stuck on tricky words, use decoding strategies.</p> <p>Appendix 1: Decoding Strategies</p>	<p>Procedure - Making Popcorn</p> <p>Correct the order (sequence) of the steps for making popcorn.</p> <p>Next, read and record the procedure for your teacher.</p> <p>Don't forget to read clearly and pause at the end of each sentence.</p> <p>Appendix 1: Steps for Making Popcorn</p> 	<p>Comprehension Task</p> <p>Read the 'Danny Duck' passage then answer the questions that are below.</p> <p>Write your answers in your workbook.</p> <p>Appendix 1: Comprehension Danny Duck</p> 
<p>Shared Reading</p> <p>Have a family member read one of your favourite books to you.</p>	<p>Draw a character</p> <p>Draw your favourite character from a book you have read.</p> <p>Label your drawing with key words to describe your character and use verbs to describe what your character can do.</p> <p>E.g. Danny the Duck has brown feathers, he can swim very fast and quacks loudly.</p>	<p>Receptive Language - Directed Drawing</p> <p>Read the instructions to create the picture. Yours may be different to others.</p> <p>Draw your picture into your workbook or on a piece of paper.</p> <p>Appendix 2: Directed Drawing</p> 	<p>Spring Fact Finding</p> <p>After reading the factual information about the season Spring. Record yourself talking about three facts.</p> <p>Eg. Spring is one of the four seasons.</p> <p>Appendix 2: Fact Fun Spring</p> 
<p>Bug Club</p> <p>https://www.activelearnprimary.com.au/login?c=0</p> <p>Log into Bug Club.</p> <p>Choose a book to read or press the button to have it read to you.</p>	<p>Read the Poem</p> <p>After reading the Spring Poem. Draw a detailed picture into your workbook.</p> <p>Use the ideas and descriptions from the poem you just read.</p> <p>Appendix 3: Spring Poem</p> 	<p>Verb Detective!</p> <p>Pick a book that you love to read.</p> <p>Select two-three pages and write down all the verbs that you find.</p> <p>Appendix 2: What is a verb?</p> 	<p>The Good and the Bad</p> <p>Outline three good and three bad points about the book you have read.</p> <p>Appendix 2: The Good V's Bad Reading Task</p> 





WRITING










Choose your activity below:

<p>Word Bomb!</p> <p>Write as many words as you can in one minute.</p> <p>Get someone to time you and record your results.</p> <p>E.g. 'In 1 minute, I wrote 14 words.'</p> 	<p>Traffic Lights</p> <p>In your workbook write the instruction for drivers when they see each colour at the traffic lights. Red, Amber and Green.</p>  	<p>Create a Recipe</p> <p>Write a recipe for a Crunchy Salad.</p> <p>List the ingredients and write the steps on how to make it.</p> <p>E.g. Caesar salad, noodle salad.</p> <p>Appendix 2: Caesar Salad Recipe</p>	<p>Handwriting</p> <p>Practise your neat handwriting with words that you know how to spell correctly.</p> <p><i>How long will your list be?</i></p> 
<p>My Favourite Place in the World</p> <p>Write three or four sentences about your favourite place. State where or what it is. Describe what it looks like and how it makes you feel.</p> 	<p>Step-by-step</p> <p>Make something using construction materials (Lego, blocks, leaves, boxes).</p> <p>List the steps someone would have to take to make a creation like it.</p> <p>Appendix 3: WILF Procedure</p>	<p>Garden Inventory</p> <p>Walk outside and look at all the things living in your yard.</p> <p>Animals or Plants</p> <p>Write a list of all the things you see.</p> 	<p>List Writing</p> <p>Write a list of all the things you need to make a sandwich.</p> <p>Make it your favourite sandwich.</p>
<p>The Literacy Shed - 'Adrift'</p> <p>In this clip we see a girl and boy live life very differently from us. The girl lives on a whale and the boy can fly!</p> <p>https://www.literacyshed.com/adrift.html</p> <p>Use the images from the clip, the surroundings, character's body language and your imagination to write the words for this story.</p> <p><i>How did the girl feel before she saw the bird?</i> <i>Who did she meet? What changed at the end?</i> <i>Use adjectives (describing words) to describe the surroundings.</i></p>	<p>Digital Story Maker</p> <p>Use the digital 'story maker' to design a title page and type one of the stories you have already written. Decorate the pages with digital paint!</p> <p>https://www.abcya.com/games/storymaker</p>	<p>Statements</p> <p>Write out five statements using the correct punctuation symbol.</p> <p>•</p> <p>Use a full stop.</p>	<p>Punctuation Factory Game</p> <p>Slide the capital letters and correct punctuation up to complete each sentence.</p> <p>Check your answers.</p> <p>https://www.abcya.com/games/fun-factory-punctuation-capitalization</p>

MATHEMATICS

Choose your activity below:

<p style="text-align: center;">Race to 100!</p> <p>With an adult or a friend, use your cards to play, Race to 100!</p> <p style="text-align: center;">Appendix 3: Race to 100</p>	<p style="text-align: center;">Where am I Going?</p> <p>Sketch a known path of how you get from your bedroom to the backyard. Draw your path and then write how you get there using words which will help direct you.</p> <p>e.g. Turn left Turn right Walk forwards three steps Walk sideways</p>	<p style="text-align: center;">Fractions - Labelling Equal Parts</p> <p>We have already learned how to fold (or cut) a piece of paper into half (halves) and quarters.</p> <p>Now let's try to make eighths! Label with the correct notation, eg. $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{8}$</p> <p>You can try with paper, toys, lego or drawing.</p> <p>https://www.youtube.com/watch?v=31v7R87B9yw&t=2s or https://www.youtube.com/watch?v=Mj9Na81bdts</p> 	<p style="text-align: center;">Friends of Ten & Twenty</p> <p>Watch the videos and sing along as you learn from your friends of 10 & 20.</p> <p style="text-align: center;"><i>Friends of 10</i></p> <p>https://www.youtube.com/watch?v=QS5w8LRnnp0</p> <p style="text-align: center;"><i>Friends of 20</i></p> <p>https://www.youtube.com/watch?v=4J_ea2JttAU</p>
<p style="text-align: center;">Pizza Fractions</p> <p>https://www.youtube.com/watch?v=VMWa6dDoicc</p> <p>Draw three pizzas (trace around a PLASTIC PLATE).</p> <p>Draw a line to show two equal parts. Draw lines to show four equal parts. Draw lines to show eight equal parts. Label your pizza by using the correct notation for half ($\frac{1}{2}$), quarter ($\frac{1}{4}$) and eighth ($\frac{1}{8}$).</p>	<p style="text-align: center;">Time - A Day In My Life</p> <p>List three things you do on a particular day of the week along with the time you do each activity.</p> <p>e.g. Tuesday - 8am - Wake up 1pm- Lunch 4pm- Go for a walk or bike ride.</p> 	<p style="text-align: center;">Dump or Pack - Volume Task</p> <p>Fill an ice-cream container with plastic cubes (Lego/duplo) using these two methods.</p> <p>Method 1- pick up the cubes in handfuls and dump them into the container.</p> <p>Method 2- pack the cubes into the container by placing them neatly next to each other to build up layers.</p> <p style="text-align: center;">Appendix 3: Volume Methods</p>	<p style="text-align: center;">Chance - Outside Observations</p> <p>Go outside and look at the sky and answer the following questions. Circle a response.</p> <p>It is going to rain today. Unlikely Possible Certain</p> <p>Thirty birds will nest in a tree in your yard. Unlikely Possible Certain</p> <p>The postman will deliver a letter today to your house. Unlikely Possible Certain</p>
<p style="text-align: center;">ABCYA - Balloon Pop Subtraction!</p> <p>https://www.abcya.com/games/subtraction_game</p> <p>Get the bee to pop the balloons leaving the correct number of balloons to demonstrate your answer.</p> <p>4 - 1 = 3 (pop all balloons except for 3).</p>	<p style="text-align: center;">Recording Time</p> <p>Draw a face clock and show the correct time for:</p> <p>10 o'clock 12 o'clock 2 o'clock 5 o'clock</p> <p>Make sure the hands of your clock are in the correct position. Include an hour hand and minute hand.</p> 	<p style="text-align: center;">Money</p> <p>I have 75 cents in my pocket. What coins might I have?</p> <p>In your workbook draw the coins that can be used to add together to equal 75 cents.</p> 	<p style="text-align: center;">ABCYA - Marble Math Addition</p> <p>https://www.abcya.com/games/addition</p> <p>Drag and drop to use the marbles to help you add on and work out the addition questions.</p>

SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p>Puppet Theatres</p> <p>Watch the following video on the history of puppetry around the world. https://www.youtube.com/watch?v=88b1in6pJfU</p> <p>Watch the following video on how the puppets on Sesame Street work. https://www.youtube.com/watch?v=2pVH0aT9CZ4</p> <p><i>How have puppets changed over time?</i> <i>What materials have been used to make puppets over time?</i> <i>How do puppeteers make different styles of puppets move?</i> <i>What is your favourite kind of puppet?</i></p> <p>Watch the following video on how to make a sock puppet. Using a sock and other materials you can find around the house or garden, create your own sock puppet. https://www.youtube.com/watch?v=v6sgyM3YSo</p> <p> or </p>	<p>Sydney Harbour Bridge</p> <p>Watch the following informative video about Sydney Harbour Bridge. https://www.youtube.com/watch?v=x8hoWBEnPFw</p> <p>Discuss the following questions with an adult.</p> <p><i>Why do you think Sydney Harbour Bridge is important?</i> <i>How can we best take care of this historic place?</i> <i>What materials are used to make the bridge? How many are natural and how many are man-made?</i></p> <p>Make a list of the ways people use the bridge today.</p> <p>Create your own bridge design entry and compare it to some of the other designs entered into the Sydney Harbour Bridge Competition. <i>What is the same?</i> <i>What is different?</i> <i>Which is your favourite design? Why?</i></p> <p>Appendix 4: Sydney Harbour Bridge Competition Entries</p> <p></p>	<p>Nature Shadow Art</p> <p>On a sunny day take a walk out into your backyard and collect different flowers, leaves, sticks or grass. You might even like to decorate some rocks. Stand with your back to the sun and cast a shadow on the ground in front of you. Don't forget to strike a pose!</p> <p>Use your gathered materials to decorate your shadow self-portrait on the ground.</p> <p></p> <p></p> <p>Puffy Paint</p> <p>Mix shaving cream, white glue, and food colouring to make a thick, puffy consistency. Paint a masterpiece onto some paper or cardboard.</p> <p></p> <p></p>	<p>My Strengths</p> <p><i>What do you think you are good at?</i> (Riding your bike, reading, drawing etc.) <i>What do you think are your strengths?</i> (Creative, brave, fair, good listener etc.)</p> <p>Draw a portrait of yourself and surround yourself with words of things you are good at. Each time you think of a new one, add it to your poster.</p> <p>Keep your poster displayed somewhere to remind yourself of all the different things you are good at.</p> <p>Think about a time you tried something that you were not good at. Write a sentence about what you did to get better at it.</p> <p></p> <p>Physical Education (PE) Focus</p> <p>Mrs Morison wants you to continue to develop your PE skills.</p> <p>Have fun!</p> <p>Appendix 5: PE Activity</p> <p></p>

MINDFULNESS & POSITIVITY

Choose your activity below:

<p>Kindness</p> <p>Do an act of kindness and record it. <i>Will you write it, draw a picture or take a photo?</i></p>	<p>Bee Breath</p> <p>Practise your special breathing. Appendix 6: Breathing</p>	<p>Gratitude</p> <p><i>Have you started your Gratitude Jar?</i></p> <p>Each day write or draw something you are grateful for and place it in your Gratitude Jar.</p>	<p>Lion Breath</p> <p>Practise your special breathing. Appendix 6: Breathing</p>
<p>Ahh Breath</p> <p>Practise your special breathing. Appendix 6: Breathing</p>	<p>Mindful Looking</p> <p>Choose an object, any object, to really look at. Notice the colours, shapes, patterns, lines etc. Focus your awareness on this object.</p>	<p>Warm Breath/Cool Breath</p> <p>Practise your special breathing. Appendix 6: Breathing</p>	<p>Mindful Listening</p> <p>Close your eyes and sit very still. Focus your awareness on any sounds that you can hear within your body and around you.</p>
<p>Peaceful Kids</p> <p>Try a meditation that you haven't tried before. Draw or write how you are feeling <i>before</i> the meditation, then how you feel <i>after</i> the meditation. https://www.peacefulkids.com.au/meditations1.html</p>	<p>Happiness</p> <p>Close your eyes and think of a happy memory. Remember as much as you can: <i>Who was there?</i> <i>What were you doing?</i> <i>How did you feel?</i></p>	<p>Values</p> <p><i>Respect, Responsibility & Excellence</i> are our school values. <i>Are you practising our values at home?</i> Record it: write/draw/picture/video</p>	<p>Special Classmate</p> <p>Think of someone in your class that is special to you. <i>Create a card or make a piece of artwork for them, showing them that you appreciate having them in your life.</i></p> 

HANDS ON LEARNING

Choose your activity below:

Map Maker

Draw a map of your house. Make sure to include lots of detail.



Number Hunt

With adult supervision, go for a walk in your street and see how many numbers you can find.

Gardening

Weed the garden or plant some seeds.



Letter Hunt

With adult supervision, go for a walk in your street and see how many letters you can find.

Games

Play a board game or card game, such as UNO, with a family member.

Free Time

Do an activity of your choice!

Music & Dance

Play your favourite song and come up with a dance routine.

Drawing Time!

Sit in a park and sketch something you see. Make sure to include lots of detail.



Watercolour Painting: Lady Bug

Follow the directed art lesson.

<https://www.youtube.com/watch?v=s8-IVDSdwdc>

You will need: watercolours, paint brush, black marker, pencils, scrapbook, water and paper towel.



Home Restaurant

With an adult, decide on a meal to make together.

Create a menu, set the table and enjoy a dinner together.



Home Sweet Home

Make a home for your favourite toy.

What does your favourite toy need to survive?

Have you included this in your design?



Home Helper



Can you learn a new job to do around the house?

You could:

- make your bed
- do the dishes
- tidy your room
- vacuum inside
- sweep outside

BRAIN BREAKS

Choose your activity below:

<p>Look for the Good.</p> <p>Go for a walk - with someone else. Walk where it's safe. Walk for at least 10 minutes. As you are walking when you see something that is 'good' tell your walking buddy and tell them why you think it is good.</p> <p>Some examples might be <i>funny animals, busy insects, lovely flowers, beautiful buildings, smiling people.</i></p>	<p>A Note of Thanks</p> <p>Think about someone you are thankful for. Write them a little note to say why you are thankful. Decorate it and present it to the person.</p>	<p>Soak up some sunshine!</p> <p>Go outside and just have some time for you while you enjoy a little sunshine.</p>	<p>Colouring In</p> <p>Take some time to colour in a picture. If you can't find a picture to colour - draw your own picture and colour it.</p>
<p>Joking Around</p> <p>Here's a couple of jokes to make you smile. Read them, giggle and share them. If you know some other jokes, share them too!</p> <p><i>Why do fish live in saltwater?</i></p> <p><i>Because pepper makes them sneeze! 🐟</i></p> <p><i>What did zero say to eight?</i></p> <p><i>Nice belt! 🐞</i></p>	<p>Animal Walks</p> <p>Can you move like an animal?</p> <p>How many different animal walks can you do?</p> <p>e.g. <i>a penguin, a snake, a frog...</i></p>	<p>Jigsaw</p> <p>Do a jigsaw with a family member.</p> <p><i>What is the best way to start?</i></p> <p>(straight pieces first?)</p> 	<p>Finger Spelling</p> <p>Use the link below to learn how to fingerspell. Can you spell your name?</p> <p>https://www.signlanguageforum.com/auslan/fingerspelling/alphabet/</p> 
<p>Go Noodle!</p> <p>https://www.gonoodle.com</p>	<p>Just Dance</p> <p>Search 'Just Dance' on YouTube and select a suitable song/dance to move to.</p>	<p>Darebee</p> <p>Do a workout that's suitable for you and a family member.</p> <p>https://darebee.com/</p>	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>

Appendix 1

Word Work - Yr2

'ar'

p__k
m__king
ch__t
al__m
st__fish
d__ker

'or'

n__th
expl__e
__bit
f__got
st__my
p__ch

Comprehension - Danny Duck

Danny Duck is my pet.

He lives in the backyard.

He has his own swimming pool.

When he gets mad he says, "Quack."

1. Who is Danny Duck?
2. Where does he live?
3. What does he have of his own?
4. What does he say when he is mad?

Rhyming Words

Can you hop to the shop? _____

Can a frog sit on a log? _____

Can a spoon fly to the moon? _____

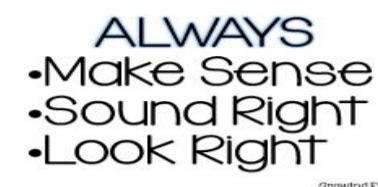
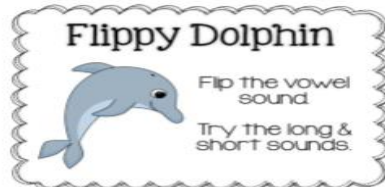
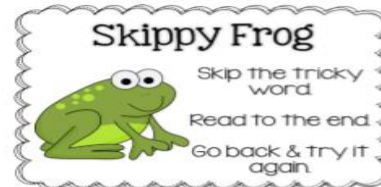
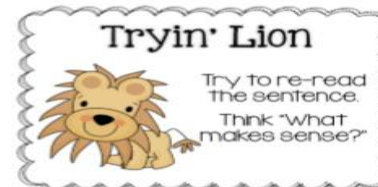
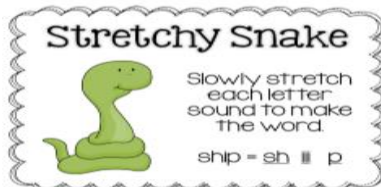
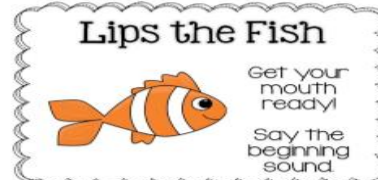
Can a fish make a wish? _____

Can a grape eat an ape? _____

Can a slug eat a bug? _____

Decoding Strategies

Ways to
Take Action
& Solve Words



Growing Firsties

Steps for Making Popcorn

Write these steps in the correct order.

Eat the popcorn.

Put the popcorn kernels into the popcorn maker.

Wait until all the kernels finish popping.

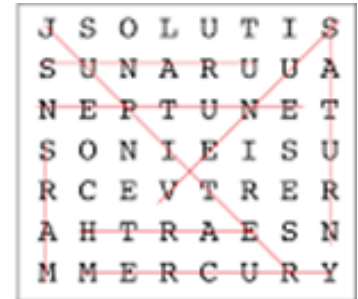
Plug in your popcorn maker.

Pour the popcorn from the maker into a bowl.

Add some salt or butter.

Word Search

Your words can go up and down, across or diagonal.



Appendix 2

What is a verb?

Verbs are action or doing words.



The Good V's Bad Reading Task

Story: The Cat in the Hat

Good

1. I loved reading the Cat in the Hat because it is funny.
2. I can hear lots of rhyming words in the story.
3. The Cat in the Hat had lots of good ideas about things to do inside.

Bad

1. It is a very long story to read.
2. It can be tricky to read out loud.
3. It reminds me of being in lockdown.

Fact Fun - Spring

- Spring is one of the four seasons of the year.
- The months of Spring are September, October and November.
- Spring is one of the best times to plant flowers and vegetables in the garden.
- Baby animals are born and new life begins.
- People love to go outside and have picnics in the warmer weather.
- Leaves begin to appear on deciduous trees.
- Snakes wake from hibernation.
- People mow their lawn more often in the Springtime.
- Families enjoy more outside activities in Spring after the Winter season.

Directed Drawing Instructions

Turn your page to landscape.

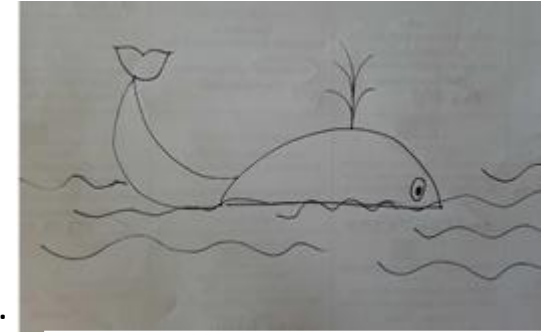
Begin in the middle of the page and draw a semi-circle, making sure the flat part is towards the bottom.

Draw an eye near the bottom right side of the semi-circle.

Then put a big tail on the bottom left side of the semi-circle, make sure its tip is pointing up.

In the middle at the top of the semi-circle, draw a spout with water coming out of the top.

Lastly, draw some wave like lines around the bottom of the shape and page then colour.



Does yours look like this?

Caesar Salad Recipe

Ingredients

Lettuce

Croutons

Bacon

Parmesan Cheese

Caesar Salad Dressing

Steps

1. Wash the lettuce leaves.

2. Tear lettuce and place in the salad bowl.

3. Chop and cook bacon until crisp.

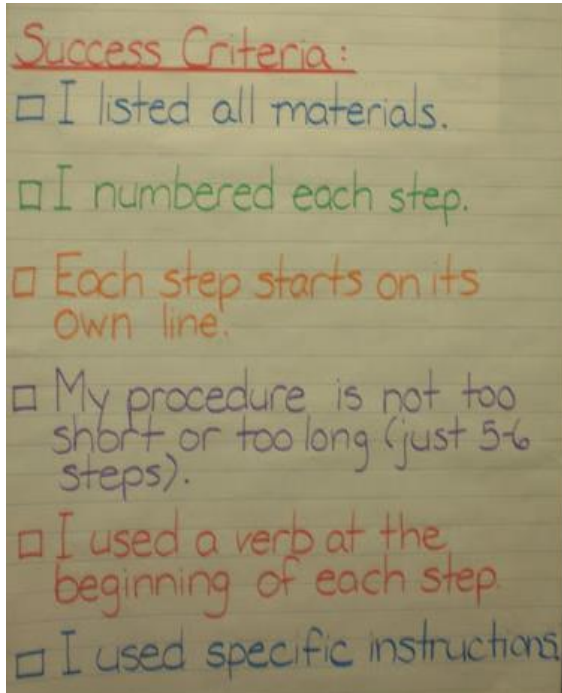
4. Sprinkle in croutons and cheese.

5. Stir in salad dressing to taste.

6. Eat.

Appendix 3

What I'm Looking For (WILF): Procedure



Spring Poem

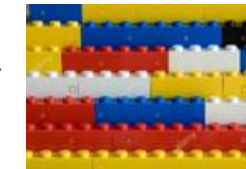
*Spring is here.
Flowers appear.
Spring showers fall down on the green grass.
Lambs are born and butterflies fly.
Three months of warmth and bright blue sky.*

Volume Methods

Method 1



Method 2



Count the number of cubes the container held by each method.

Which method gives you more?

Make a list of things that are packed neatly and loosely in the supermarket.

Race to 100

Flip a card and add its value to your running total.

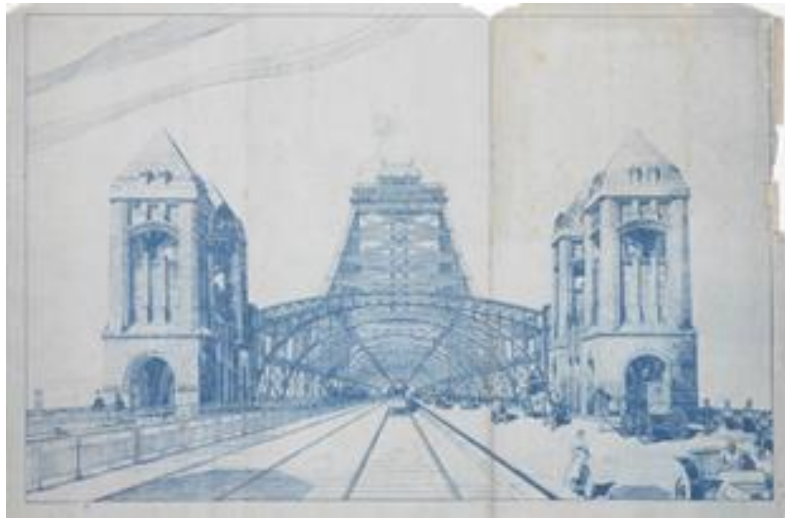
First person to reach 100 or gets the closest to 100 without going over, is the winner.

Remove face cards (J, Q, K).



Appendix 4

Sydney Harbour Bridge Competition Entries



Appendix 5 PE Activity

PREMIER'S SPORTING CHALLENGE FITNESS

Using the exercises in the table, create your own fitness workout.

Select 3-5 from each column and perform 5 - 10 reps of each or hold the pose for 30 seconds to a minute.

Try to build up your routine by increasing the number of reps, or the time you hold each pose for.

If you have a skipping rope, you could also include skipping as part of your aerobic fitness component.

AEROBIC FITNESS	MUSCULAR FITNESS	CORE STABILITY
 JUMPING JACKS	 SQUATS	 TREE
 PLANK JACK	 LUNGE	 SUPERMAN
 MOUNTAIN CLIMBER	 SIDEWAYS JUMP	 V SIT
 HIGH KNEE RUNNING	 PUSH UP	 PILATES ROLL UP
 BEAR CRAWL	 SQUAT	 HIGH PLANK

GET OUT AND PLAY

Is there a skill you want to improve? Is there an activity you enjoy? Is there someone you can play with, or are you going to play on your own? What equipment do you have that you can use? Just take the time to go outside and have some fun!

Have a look at some of the ideas below to get you started.

- Jump Rope
- Hula hooping
- Obstacle Course
- Bike Ride
- Soccer dribble and shoot
- Basketball skills
- Throw & catch
- Handball game
- Walk your dog
- Juggling
- Hide and seek
- Tag games

Maybe you could try a game of **SLAM BALL**

The object of the game is to successfully catch the ball after it bounces in the hoop or chalk circle. To start the game, the 1st player throws the ball into the hoop. The 2nd player attempts to catch it. **Scoring:**

- Ball does not hit inside the hoop (point for receiving player)
- Ball hits inside the hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
- Ball hits inside the hoop and bounces over the head of the receiver (point for receiving player)
- Ball is not successfully caught by receiving player (point for serving player)

Start with a cooperative version of Slam Ball. How many throws and catches can you make in a row?

Ready for competition? Get an edge by throwing the ball so that it bounces out of the hoop with different trajectories but remember it must bounce at least 1 step away from the hoop/chalk circle AND it cannot bounce over the receiver's head.

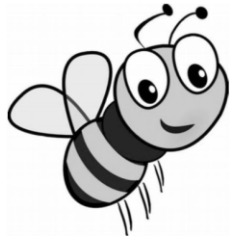
Change the way you play to make sure the game is fair!

SAFETY - MAKE SURE THE AREA AROUND THE HOOP/CIRCLE IS CLEAR OF ANY OBSTACLES

Appendix 6 Breathing

Bee Breath

Take a deep breath in then place your fingers tightly over your ears and make a 'buzzzz' sound as your breath out.



www.headandheartmindfulness.com.au

Lion Breath

Take a deep breath in and as you breathe out you can roar like a lion (breath to bring energy/let go of energy - follow with a calm breath)



www.headandheartmindfulness.com.au

Ahh Breath

As you breathe in, lift your shoulders up. As you breathe out, say 'aaahhh' while you drop your shoulders and relax your whole body.



www.headandheartmindfulness.com.au

Warm Breath/Cool Breath

For a warm breath, take a deep breath in and as you breathe out make your mouth wide and blow onto your hand to feel the warm air. For a cool breath, take a deep breath in and as you breathe out move your lips very close together and blow onto your hand to feel the cool air.



www.headandheartmindfulness.com.au

Breathing Cards from: Headandheartmindfulness.com.au