



ISO-HEALTH & PE

Welcome to ISO-HPE!

*Firstly we must acknowledge the mahi from Tom Hobbs of Palmerston North who designed this powerpoint.
Some adaptations have been made from JCHS HPE teachers*

Now, more than ever, it is super important to be taking care of your health.

Being in isolation, it may seem tricky to stay active and you may feel it has an affect on your mental, social and spiritual wellbeing.

But not to worry, as there are many ways we can improve our hauora from the safe confines of our homes and properties!

Each day, you will have a set of tasks to do to help you stay active, be mindful, have a bit of fun and take care of the other areas of your wellbeing!

Look at the next slide to see a breakdown of each daily activity.



ISO-HPE

TRICKSHOT CHALLENGE!

Each day you will get a trickshot challenge. Start with easy attempts and then stick at it to try and get a truly remarkable shot. Try to record your best shot each day and put them altogether for a trick shot compilation video!

WACKY WORLD OF SPORT

Each day you will get a wacky sports fact! You do not need to do anything with it, but some of them are very weird and interesting!

Get Moving!

Get moving is all based on physical activity. There are 2 options (feel free to do both). The first one will be in this box and will give you a different physical challenge each day.

The other option is your own independent physical activity. If you don't want to do the provided option, use this box to keep track of what physical activity you have done throughout the day. It could be a local walk with whanau, a half hour flipping session on the tramp, a 1 v 1 basketball game with a sibling or anything else. 30 minutes a day is a good starting point, but if you have the opportunity to be more active then go, go, go!

Hauora

Hopefully, all of your physical wellbeing will be taken care of during "Get Moving" and "Trickshot Challenge". The Hauora or Wellbeing selection will be a daily activity based on the other areas of Hauora. It will rotate between Spiritual, Social and Mental wellbeing each day and give you a bit of balance in your daily routine!

Mindful Moment

Practicing mindfulness has so many health benefits! Here you will find a daily mindfulness activity that could help with everything from focus to creating a sense of calmness within yourself.



ISO-HPE

TRICKSHOT CHALLENGE!

The Classic:

Throw a ping pong ball or a light ping pong ball sized object (you can screw up newspaper) into a mug in the most creative way possible. Make sure you take a video!

WACKY WORLD OF SPORT

If former Olympic swimmer Michael Phelps were a country, he'd rank No. 35 on the all-time Olympic gold medal list, ahead of 97 whole nations.

Get Moving!

BALANCE

- Find 4 objects of different sizes and do [cone taps](#) on them while balancing on one foot.
- Find 12 objects and do the same, allowing yourself to hop 3 times only.
- Find an object about knee height, balance on one leg and touch it with your nose. Swap feet and repeat for 5 times each leg.

Extension Challenge:

- Try complete a [pistol squat](#)

Independent Physical Activity:

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Hauora: Spiritual

Take time to explore your spiritual core. Ask yourself questions about the person you are and your meaning such as: Who am I? What is my purpose? What do I value most? These questions will lead you down a road where you will think about yourself and allow you to notice things about yourself that will help you achieve fulfillment. You may want to write some down!

Mindful Moment

Get someone in your household to select 3 different foods for you to try and guess with your eyes closed. Take time to notice the different textures and flavours before guessing. How many did you guess correctly?



ISO-HPE

TRICKSHOT CHALLENGE!

Saving the Planet:

Throw an item of recycling into your home recycling bin in the most creative way possible! Make sure it is clean and you do not make a mess. Catch it on video if you can!

WACKY WORLD OF SPORT

A proper professional baseball game takes around 3 hours to complete. Within this time, there is only between 9-18 minutes of action in total!

Get Moving!

Bring Sally Up Challenge:

- Choose an exercise out of: Push up, sit up, squat or star jump.
- While watching the video [here](#), do your exercise in time. Being "Up" when they are up and "down" when they are down.

Bonus coordination challenge:

[Coin Rugby](#)

Independent Physical Activity:

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Hauora: Social

Either talk to someone in your bubble or facetime/call a friend and ask them the following questions:

- If you could ask a single person one question, and they had to answer truthfully, who and what would you ask?
- What do you believe stands between you and complete happiness?

Mindful Moment

Safari! Walk right around your house (indoor or outdoor) and see how many living creatures you notice!



ISO-HPE

TRICKSHOT CHALLENGE!

Laundry Day:

Throw an item of dirty clothing in a nearby laundry basket without looking! Make sure there isn't anything breakable around incase you miss. Catch it on video if you can!

WACKY WORLD OF SPORT

The longest recorded point in tennis history took 29 minutes and featured the ball crossing the net 643 times. The shortest MATCH in tennis history was 20 minutes!

Get Moving!

Soft Toy Bowling:

- Create an alley in your house to do some bowling.
- Nominate sturdy objects as pins (i.e not vases!) and a soft toy as the bowling ball.
- Get some practice in and challenge your household!

Independent Physical Activity:

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Hauora: Mental

Finding what you enjoy is really important to our mental health. Spend 10-15 minutes extra doing something that you really enjoy, but make sure you understand and appreciate the activity and why it is important/fun to you.

Mindful Moment

Get someone in your household to put 3 different objects in a bag. Without looking in the bag, describe what each object feels like and guess what they might be. How many did you get right?



ISO-HPE

TRICKSHOT CHALLENGE!

Bottle Flip Throwback:

Complete your most amazing bottle flip! Try not to make a mess and make sure you catch it on video.

WACKY WORLD OF SPORT

China did not win an Olympic medal until 1984. At the 2008 Beijing games, the Chinese won 100 medals.

Get Moving!

Core strength:

- See how long you can do a bridge hold for.
- See how long you can do a plank for.
- See how long you can flutter kick for.

Bonus task:

Give this challenge a go with someone in your household.

Independent Physical Activity:

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Hauora: Spiritual

Get it out. Expressing what is on your mind will help you to maintain a focused mind. Sometimes you may feel confused and not be able to make sense of your feelings. By writing down your thoughts, you may be able to think clearer and move forward. At the end of today, write down 3 things you have concerns about and discuss them with an adult.

Mindful Moment

Take the time to find a silent place and work on your mindful breathing. 4 seconds breathing in, 4 breathing out. Pay particular attention to your heartbeat and see how steady and slow paced you can make it!



ISO-HPE

TRICKSHOT CHALLENGE!

Fly By:

Make a paper plane and throw it so that it lands in a particular place or area. Get creative and try catch it on video!

WACKY WORLD OF SPORT

Major League Baseball umpires are required to wear black underwear while on the job in case they split their pants.

Get Moving!

House Olympics:

- Keepy Uppies with toilet roll or soft toy.
- "Ice Skating" routine in your socks on a lino.
- Egg and spoon race around the house.
- Sock shot: roll 2 socks up into a ball, have the other person throw up a hand towel in the air to hit!

Independent Physical Activity:

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Hauora: Social

Get in touch with someone you think might feel the most alone out of everyone you know. It might be a grandparent, a relative that lives alone or a friend that doesn't have any brothers or sisters. The social wellbeing of others is just as important as your own, let others know you care!

Mindful Moment

Find a place to sit just outside your household (if safe and possible). Spend a couple of minutes listening and looking around. Write down 3 things that you haven't heard or seen before.



ISO-HPE

TRICKSHOT CHALLENGE!

Hat flip:

Find a hat/cap and find the most creative way to throw it on your own head or someone else's! Try catch it on video!

WACKY WORLD OF SPORT

Famous basketball player Michael Jordan makes more money from Nike each year than all of the Nike factory workers in Malaysia combined.

Get Moving!

Balance: The floor is Lava!

- Create a course around and outside your house for "The floor is lava"
- Complete the course and make changes so that it is as challenging as can be.
- Challenge someone in your bubble to a time trial.
- Make sure you are safe and don't break anything!

Independent Physical Activity:

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Hauora: Mental

Seek out a form of puzzle to solve. It could be a word find, a sudoku, a jigsaw puzzle, a riddle or anything else to keep your mind stimulated. Keeping your mind active is a great way to ensure it is well!

Mindful Moment

This is a two day Mindful moment task. Spend time walking around the outside of your house. Pay particular attention to your senses and take in your surroundings. You may want to write down some things you noticed.



ISO-HPE

TRICKSHOT CHALLENGE!

Key to Success:

Borrow a set of keys and find the most creative way you can to throw and catch them in your own pocket or someone else's!

WACKY WORLD OF SPORT

When struck, Golf Balls can reach 243 km per hour!

Get Moving!

Dance Challenge:

Come up with 3 different dance moves. Try be as creative and unique as possible. You could get inspiration from Tik Tok or Fortnite emotes. Practice, put the 3 dance moves together and perform them as a routine. As a bonus, try to teach the routine to someone in your household.

Independent Physical Activity:

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Hauora: Spiritual

Identify a thing or place that is sacred or tapu to you. Spend some time in or with the thing or place and reflect on why it is so important to you. You may want to have a discussion with someone in your bubble about it and potentially ask what is sacred to them.

Mindful Moment

Part 2 of the two day task is to do the exact same as yesterday, but to notice all of the differences from yesterday to today. What different sights, smells, feelings etc. did you notice?



ISO-HPE

TRICKSHOT CHALLENGE!

CAPTain Hook:

Find a cap and throw it onto a hook in the most creative way possible!

WACKY WORLD OF SPORT

The wrench tool was invented by boxing heavyweight champion Jack Johnson in 1922.

Get Moving!

The Heist:

Set up and complete a circuit around your house that involves the following:

- An object you need to remove from an area.
- Objects you can not touch
- An area for commando crawling/ staying as low as possible
- An area you can't touch the floor.

Independent Physical Activity:

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Hauora: Social

Help out your parent or caregiver with a task around the house. It could be cooking, cleaning, fixing, making or anything else they could use a hand with. It can be quite boring doing tasks on your own the whole time, make it more fun and interesting by socialising during the task!

Mindful Moment

Lie down on your back and pay attention to your heart beat for a minute. Think of how fast it is going and how heavy it is pulsing. Jump up and sprint on the spot for 30 seconds and then lie down and do the same. Wait until it beats normally again.



ISO-HPE

TRICKSHOT CHALLENGE!

Sandal, Jandal, Flip Flop:
Find a creative way to throw a jandal, sandal or slides onto your foot or someone else's! Make sure you catch it on camera!

WACKY WORLD OF SPORT

Three consecutive strikes in bowling is called a turkey.

Get Moving!

HIIT Workouts:

Easy:

[Click Here](#)

Medium:

[Click Here](#)

Hard:

[Click Here](#)

Independent Physical Activity:

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Hauora: Mental

Be spontaneous and give something a go that you don't normally do. It could be cooking, creating, skill building or anything that isn't a part of your usual daily routine. Change is as good as a holiday and trying something new is a great way to keep your mind active.

Mindful Moment

Scrunch up into a ball and tense all of your muscles at once. One body part at a time, slowly unscrunch and relax your body. Do this 3 times.



ISO-HPE

TRICKSHOT CHALLENGE!

Freestyle:

Create your own trickshot! Make sure to be careful and try catch it on camera.

WACKY WORLD OF SPORT

No high jumper has ever been able to stay off the ground for more than one second.

Get Moving!

Catching Practice

Find a ball (large or small) or a rounded object you can throw and catch:

Catch 1: Throw up in the air with 2 hands, catch with 1 hand.

Catch 2: Throw as high as you can and catch with 2 hands.

Catch 3: Throw the ball up, clap 3 times and catch it with 2 hands.

Catch 4: Throw the ball up, spin around and catch it with 2 hands.

Catch 5: Throw the ball up, touch the ground and catch it with 2 hands.

Independent Physical Activity:

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Hauora: Spiritual

Show gratitude. If you are grateful, you do not take anything for granted: each day becomes more meaningful, each gesture has significance. Take the time today to think about the things in your bubble that you are grateful for. If it is a person, go tell them. If it is an object, take the time to acknowledge why you are grateful that you have it.

Mindful Moment

Lie down on your back on the ground. Close your eyes and move one body part at a time. While you are moving that body part, think about how it feels. Is it tense or relaxed? Is it hot or cold? Is it rigid or flexible?



ISO-HPE

TRICKSHOT CHALLENGE!

Back it up:

Throw an object into your school bag while wearing it! Get creative and make sure you don't use something too valuable or heavy!

WACKY WORLD OF SPORT

Most NASCAR teams use nitrogen in their tires instead of air.

Get Moving!

Beginners Kubb (2 player):

- Find 10 objects of roughly the same size that can stand upright, a larger object that can stand upright and 3 throwing objects.
- Space 5 upright objects out evenly in front of you, 7-10m from the other persons 5 objects. Place the large upright object in the very middle of the game area. Look [here](#) if unsure
- Take turns using the throwing objects to knock down your opponents upright objects. Once you have knocked them down you can win the game by knocking down the large upright object in the middle. You need to do this by throwing a throwing object backwards and between your legs.

Independent Physical Activity:

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Hauora: Social

Challenge a friend to a drawing competition. Email, facetime, text or use any other kind of contact to send them the challenge and see what you both come up with!

Mindful Moment

Listen to your favourite song 3 times. The first time, listen and focus on only the singing and lyrics. The second time, focus only on the drums and percussion. The third time, focus on an instrument you haven't focussed on yet.



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TRICKSHOT CHALLENGE!

Cushioning the Fall:

In the most creative and skillful way possible to throw a cushion or pillow onto a couch/seat/bed tidily. Try catch it on camera!

WACKY WORLD OF SPORT

Kite flying is a professional sport in Thailand.

Get Moving!

Create a [Balloon Toss](#) game:

- If you cannot make the balloons, use any object that you can throw under arm.
- You may want to experiment with different point boards, such as a [dart board design](#).

Independent Physical Activity:

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Hauora: Mental

Come up with a daily routine. Particularly when you are getting used to a new setting or easing yourself back into learning, it is important to find a routine that works for you. It helps with productivity, timekeeping and mental wellbeing. Make sure you make time for yourself as well, set time aside to do the things you really enjoy.

Mindful Moment

This exercise calls for nothing but a leaf and your attention. Pick up a leaf, hold it in your hand, and give it your full attention for five minutes. Notice the colors, the shape, the texture, and the patterns.



ISO-HPE

TRICKSHOT CHALLENGE!

The Toaster:

Using a piece of old bread or crust (waste not, want not!), throw the bread into the slot of a toaster. Make sure you catch it on camera!

WACKY WORLD OF SPORT

The first modern Olympic Games were held in Athens, Greece in 1896. There were 311 male but no female competitors.

Get Moving!

Create a [Ring Toss](#) using only a chair and paper. For a bit of extension, try:

- The ring toss from a bigger distance.
- Try it with your eyes closed.
- Get someone to move while holding the chair.
- Try a bottle flip and then ring toss it onto the bottle!

Independent Physical Activity:

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Hauora: Spiritual

Have you ever experienced random acts of kindness given by a stranger? Do you remember how good it feels? They say that kindness or compassion has that ripple effect. And that is true. Today, your simple Hauora task is to do something kind to someone else in your bubble.

Mindful Moment

Declutter one space in your house. Take a before photo and spend a moment acknowledging the differences. Think about how decluttering your own thoughts can have the same effect.



ISO-HPE

TRICKSHOT CHALLENGE!

Indoor Bowls:

Roll any round object so that it rolls into another object or into a specific area. Get creative and try to catch it on video!

WACKY WORLD OF SPORT

The longest football club name in the world is:
"Nooit opgeven altijd doorgan, Aangenaam door vermaak en nuttig door ontspanning, Combinatie Breda". More commonly known as Dutch Eerste Divisie side **NAC Breda**.

Get Moving!

Hack Attack:

Use a hacky sack or rolled up socks, try the following:

- Starting with the hacky sack on your foot, flick it up and try to catch it in on the back of your neck.
- With the hacky sack on your head, try moving it off your head and catch it between your knees.
- Starting with the hacky sack on your foot, flick it up and catch it on your knee, then back down to your foot.

Independent Physical Activity:

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Hauora: Social

Organise a game night with the people in your bubble. It could be as simple as a board game or a console game. Make sure you take the time to interact with everyone and engage them as much as you can!

Mindful Moment

Find a quiet place to sit and spend a moment thinking all of the things you currently have and what of those you appreciate the most. What is the **ONE** thing you have that you appreciate the most?



ISO-HPE

TRICKSHOT CHALLENGE!

Return of the Keys:

Find the most creative and skillful way to throw a set of keys onto a key hook!

WACKY WORLD OF SPORT

Golf is the only sport played on the moon. On February 6th, 1971, Alan Shepard hit a golf ball.

Get Moving!

Body Tasks:

Lying on the floor, create the following shapes:

- A bowl
- Each letter of the alphabet
- The numbers 1-9
- A moving clock
- A scorpion

Do a [pencil roll](#)

Do an [egg roll](#)

Do a [bowl roll](#)

Independent Physical Activity:

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Hauora: Mental

See what's going on in natural habitats around the world. While we can't visit a lot of places physically, we can visit them digitally! Check out <https://explore.org/livecams/currently-live/> and find a stream that interests you! Feeling connected to the outside world is a sure fire way to beat the isolation blues!

Mindful Moment

Similar to the Scrunching exercise, find a spot on the ground to lie on your back. Rather than scrunching, stretch yourself out as much as you can. Relax one limb at a time and repeat 3 times before having a relaxing, mindful minute to yourself.



ISO-HPE

TRICKSHOT CHALLENGE!

Coat of Arms:

In a creative way, throw a coat, jacket or jersey so that it lands on yourself or someone else, ready to wear! Try catch it on video as well!

WACKY WORLD OF SPORT

In 1937, cheetahs were raced at Romford Greyhound Stadium in an effort to increase attendance.

Get Moving!

The Combine:

Complete the following tasks, get someone to help record if you can. These are the same drills that American Football players get tested on!

- [3 cone agility drill.](#)
- [Standing Vertical Jump](#)
- [Standing Horizontal Jump](#)
- How many press ups can you do in a row?
- 30 Metre Dash
- [Shuttle run](#)

Independent Physical Activity:

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Hauora: Spiritual

Your spirituality is yours and yours alone – so honour the things that matter to you. Consider making a shrine or daily ritual to celebrate what's at your spiritual core. It could be images or practices that help you connect to the things that you enjoy, love or believe in.

Mindful Moment

Create an image for your feelings. Spend a quiet moment to yourself thinking about the following: If you could create an image for how you are currently feeling, what would it look like? What colour? What shape? What object?



ISO-HPE

TRICKSHOT CHALLENGE!

Bag to Back:

In a creative way, get your school bag onto your back! Make sure it isn't filled with breakables or heavy objects and try catch it on video!

WACKY WORLD OF SPORT

Ari Petrof is Sweden's National Sauna Champion. He stayed in a 100-degree Celsius sauna for five hours and 10 minutes.

Get Moving!

Catching Part 2:

Find a ball (large or small) or a rounded object you can throw and catch:

Catch 1: Throw the ball up and catch it behind your back. Try 3 times.

Catch 2: Throw with one hand and catch the ball with 2 hands, 3 times in a row from both sitting on your bottom and on your knees.

Catch 3: If possible, throw the ball over and underarm against a wall and catch it 3 times.

Catch 4: Throw the ball as high as you can and catch it while balancing on one foot.

Independent Physical Activity:

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Hauora: Social

Create a quiz for your whanau. This is open to whatever kind of questions you would like. You will need to be the quiz master, but still take the time to enjoy the interactions with those doing the quiz!

Mindful Moment

World in colour. Take a walk around your house and property, taking special note of the colours around you. What are the most prominent colours? How many different shades are there? What colours do you find to be the most soothing?



ISO-HPE

TRICKSHOT CHALLENGE!

Bless You:

Slide a box of tissues from one flat surface onto another flat surface. Get creative and try to catch it on video!

WACKY WORLD OF SPORT

There have been three Olympic Games held in countries that no longer exist.

Get Moving!

Sock Basketball:

Ball up a few pairs of socks, get a laundry basket and you're all set. Take turns shooting to score, and if you're up for more of a challenge, switch to a small 'goal' or take a step backwards and go for the long shot. Either play a competition against another person in your bubble or see how many shots you can get in a row.

Independent Physical Activity:

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Hauora: Mental

Rediscover a Passion. As we grow, our tastes change as well as our ability to do things. Think of something you used to do often (but not so much anymore) and considered yourself quite good at. Revisit this passion and see if it reignites your interest and engages your mind!

Mindful Moment

Laughing Recess. The best kind of present moment awareness is the kind that occurs spontaneously-with a belly laugh attached. Find something you know you find funny and have a good laugh!



ISO-HPE

TRICKSHOT CHALLENGE!

No Look Catch:

Have someone throw you an object and catch it without looking! Be careful and try catch it on video as well!

WACKY WORLD OF SPORT

Australian rules football was originally designed to give cricketers something to play during the offseason.

Get Moving!

Animal Workout:

Find a 10 metre space in or outside to complete the following:

- 10m Bear Crawl.
- 10x Elephant rolls.
- 10m Crab Walk.
- 10x Inch worm hand walk

Repeat 3 times.

Countdown Extension:

Complete the circuit, but start from 10 and do one less metre or exercise each time until you reach 0.

Independent Physical Activity:

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Hauora: Spiritual

Reading an inspirational quote is one spiritual activity that will help us get more connected with what we believe in. Google "Inspirational quotes" and reflect on one that sticks out to you.

Mindful Moment

Get someone in your household to put 3 different smelling objects in front of you. Without looking at them, try and describe the different smells and guess what they are. How many did you get right?



ISO-HPE

TRICKSHOT CHALLENGE!

Coin Toss:

Get creative with this freestyle task. Make a trickshot that involves flipping a coin! Catch it on camera if you can!

WACKY WORLD OF SPORT

At 101, Larry Lewis ran the 100-yard dash in 17.8 seconds, setting a new world record for runners 100 years old or older.

Get Moving!

Challenge Day:

Make sure you rest between each.

- Complete the [Cha Cha Slide](#) challenge.
- Complete the [Cupid Shuffle](#) challenge.
- Complete the [Baby Shark Ab](#) challenge

Independent Physical Activity:

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Hauora: Social

Create a construction challenge for yourself and either a member of your bubble or a friend via a messaging app. It could be a lego challenge or something that uses simple household items.

Mindful Moment

Take the time to find a silent place and work on your mindful breathing. 4 seconds breathing in, 4 breathing out. Pay particular attention to your heartbeat and see how steady and slow paced you can make it!



ISO-HPE

TRICKSHOT CHALLENGE!

House of Cards:

Using a deck of cards, create a card structure/pyramid and throw a card at the structure to blow it over! Try get the shot on video!

WACKY WORLD OF SPORT

The yo-yo started out as a weapon in the Philippines during the 16th century before being introduced to the United States as a toy in 1929. It weighed 2kg and had a 6 metre cord.

Get Moving!

Just Dance Challenges:

- [What does the Fox Say?](#)
(Be the Fox)
- [Old Town Road](#)
- [Gangnam Style](#)
- [Whip and Nae Nae](#)
- [Livin La Vida Loca](#)
- [Uptown Funk](#)

Whanau Dances:

- [Waka Waka](#)
- [Ghostbusters](#)

Independent Physical Activity:

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Hauora: Mental

Surround yourself with positive sounds (or silence). This could be in the form of making a happy playlist of songs you like, playing soothing sounds or even searching for spaces of silence. Sound has a direct link to mental wellbeing and surrounding yourself with the right sounds can make a real difference to your state of mind.

Mindful Moment

Man Vs Wild

Find a quiet place outside and listen to your surroundings. Which are natural sounds and which are man-made or technology? Which of the two are more frequent?



ISO-HPE

TRICKSHOT CHALLENGE!

Tricky Towel:

Throw a towel over a towel rack or over a door in the most creative way you can. Try catch it on video!

WACKY WORLD OF SPORT

Being left handed statistically gives you an advantage in a number of different sports.

Get Moving!

Roll of the Dice Workout:

If you can't find any dice, try an [online dice roller](#). Roll 5-10 times:

- 2- Do 20 squats
- 3- Sprint on the spot for 30 seconds
- 4- Do 20 jumping jacks
- 5- Plank for 30 seconds
- 6- Do 15 sit ups
- 7- Do 15 burpees
- 8- Do 15 press ups
- 9- Do 40 [Mountain Climbers](#)
- 10 - Do 20 [Skaters](#)
- 11 - [Reverse Plank](#) for 30 seconds.
- 12 - Have a break for 20 seconds!

Independent Physical Activity:

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Hauora: Spiritual

Explore your Values. Take time today to think about the values that are most important to you. Look at the link [here](#) and either discuss with someone in your bubble or think to yourself which of these values you find the most important and why.

Mindful Moment

Play a game of "What's missing" with someone in your bubble. Start in one room in your house, have a good look around and then get the other person to remove 5 items and see if you can figure out what went missing. Make sure you take turns!



ISO-HPE

TRICKSHOT CHALLENGE!

Worlds Tiniest Trickshot:

Find a very small object (a piece of rice, a tiny pebble etc.) and drop it or throw it into a very small container in a creative way. Catching it on camera may be hard, but give it a go!

WACKY WORLD OF SPORT

A curveball is a baseball pitch that is thrown in a specific way that makes it curve in the air. A man in Mississippi was briefly imprisoned for "sorcery" in 1884 after throwing a curveball at a county fair.

Get Moving!

Impossible Challenges #1:

The following challenges are almost impossible, give them a go and reflect or discuss with someone else what made them hard.

1. While standing, bend over and hold your toes with your hands, keeping your knees slightly bent. Jump backwards in this position, then try jumping forwards.
2. Find a counter or something small and flat. Kneel on the floor with your knees together. Crouch down with your arms in front of your knees, elbows snug against your kneecaps. Get someone to place the counter at the tip of your outstretched fingers. Once the counter is in place, straighten up so that you are kneeling upright. With your arms behind your back, lean forward to touch your nose to the counter.

Independent Physical Activity:

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Hauora: Social

Write motivational or positive notes and leave them for others to find. Try keep it a secret for as long as you can, it will be a nice talking point when the notes are found!

Mindful Moment

Do some mindful colouring/sketching. This is a free choice activity, but make sure you take your time and appreciate each stroke for what it adds to your work of art.



ISO-HPE

TRICKSHOT CHALLENGE!

Perfect Pen Propulsion:

As creatively as possible, throw a pen into either a mug or a pocket. Try catch it on video.

WACKY WORLD OF SPORT

The Houston Rockets basketball team did not discover until the 14th game of the 1984–85 NBA season that their home arena rims were set too high!

Get Moving!

Indoor Croquet:

Using Paper and some sort of stick, create an [indoor croquet course](#).

You can use any object you want for the ball and stick, just make sure that the ball can fit through the holes!

Independent Physical Activity:

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Hauora: Mental

Boost your self esteem!

Write down a list of all the things that you consider yourself to be good at. Everyone has a collection of things that they are more than capable of and seeing it/reflecting on it can be a real self esteem booster. If you get a chance, find an opportunity to showcase one of your skills today!

Mindful Moment

Declutter one space in your house. Take a before photo and spend a moment acknowledging the differences. Think about how decluttering your own thoughts can have the same effect.



ISO-HPE

TRICKSHOT CHALLENGE!

The Medley:

Doing one trick shot is tricky, but today you need to complete 3 IN A ROW! You decide the shots, be creative, sensible and try catch it on video!

WACKY WORLD OF SPORT

The O-Chimp-ics, a multi-sport international event for monkeys, was held every four years from 1952 to 1960.

Get Moving!

Warm up:

Try leg wrestling in a safe place!

No Thumb Challenge:

Complete as many of the following tasks without using your thumbs:

- Open a door knob.
- Drink water from a plastic cup.
- Catch a ball
- Open a packet of something (chips, bread etc.)
- Peel a banana
- Rip a piece of paper
- Button up a shirt

Independent Physical Activity:

-

Hauora: Spiritual

Identify the things that you think make you your best self. Write a list or discuss with someone in your bubble the things that make you the best version of yourself. It could be as simple as making sure you have eaten properly, or when you have gone out of your way to help someone else.

Mindful Moment

Lie down on your back and pay attention to your heart beat for a minute. Think of how fast it is going and how heavy it is pulsing. Jump up and sprint on the spot for 30 seconds and then lie down and do the same. Wait until it beats normally again.



ISO-HPE

TRICKSHOT CHALLENGE!

Roll and shoot:

Find a safe space to either do a roly polly, forward roll, cartwheel or front flip. During the move, throw an object into another object (paper ball into a bin, basketball into a basket etc.)

WACKY WORLD OF SPORT

Ice hockey legend Gordie Howe suffers from cryophobia, the extreme fear of cold and ice.

Get Moving!

Fresh Start Fitness:
Complete as many of the workouts as you can!

[Wake Up](#)

[Rock Out](#)

[Blast Off](#)

[Full Speed](#)

[Pump it Up](#)

Independent Physical Activity:

-

Hauora: Social

Teach a skill. Choose a person in your bubble or who you can connect with and teach them a skill that you know. It could be a dance move, how to draw something or anything that you can do and explain how to do.

Mindful Moment

Go outside and look for patterns and shapes in the clouds. As they move, what new shapes do they make? What images come to mind? If there are no clouds or too many clouds, use trees and other natural objects.



ISO-HPE

TRICKSHOT CHALLENGE!

Take off, Take 2:

Make a paper plane and throw it so that it glides through a hole or hoop. Get creative and try catch it on camera!

WACKY WORLD OF SPORT

The grass at Wimbledon tennis courts was kept 5cm long until 1949 when an English player was bitten by a snake that was living in the long grass!

Get Moving!

Speed Cleaning:

This will get you moving and also get you a few brownie points with your parents or caregivers:

- Choose a room or a thing to clean (your room, the family car etc.)
- Get all the cleaning gear you will need to complete the clean (vacuum, spray, rubbish bag etc.)
- You may want to find some fast paced music!
- Set a timer up and see how quickly you can tidy up that area.

Independent Physical Activity:

-

Hauora: Mental

Take a risk!

While it is good to have a routine in place to keep our sanity, we can sometimes get into a bit of a rut. Take the opportunity to try something new today. This could be something small or something big, just make sure that it is safe! Trying something new can improve our self belief and can boost our confidence.

Mindful Moment

Using a closed fist, gently beat/massage your upper body from your other hand to your chest and swap hands midway. Do the same from your toes to your thighs. Notice the different points in your body where the beating is more easily felt.



ISO-PE

TRICKSHOT CHALLENGE!

Moving Target:

Throw an object into another object that is moving. It could be a piece of recycling into a moving recycling bin or a pair of socks into a laundry bin on a skateboard! Catch it on camera.

WACKY WORLD OF SPORT

No Olympic steeplechase silver medalist, male or female, has lived past the age of 41.

Get Moving!

Impossible Challenges #2:

The following challenges are almost impossible, give them a go and reflect or discuss with someone else what made them hard.

1. Sit in a straight-back armless chair, keeping your back against the back of the chair and your feet flat on the floor. Fold your arms across your chest. Keeping your feet flat and your back straight, stand up.
2. Place an object on the floor about 50 cm from a wall. Stand with your back against the wall, feet together and heels against the wall. Try to pick up the object on the floor without moving your feet or bending your knees.
3. Stand against a wall with your right side facing the wall, then put your right foot and cheek against the wall (you may need to move your right arm backwards). Lift your left foot off the floor for 5 seconds.

Independent Physical Activity:

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Hauora: Spiritual

Set goals! One of the best things we can do to discover our purpose is to set goals for ourselves. Write down one goal for today, one for the rest of isolation, one for the rest of the year, one for the next 10 years and one for your entire life.

Mindful Moment

Put water in a jug or in a pot and boil it. Without getting too close, pay attention to what is happening using your senses. What do you hear? See? Feel? Don't taste it though, that's a bad idea!



ISO-HPE

TRICKSHOT CHALLENGE!

Freestyle II:

Create your own trickshot! Make sure to be careful and try catch it on camera.

WACKY WORLD OF SPORT

A race car with a wood-burning engine finished 3rd in the 1927 Indianapolis 500.

Get Moving!

Indoor Gymnastics:

Set a safe space out on the floor using cushions or a mattress. Complete as many of the following: Ta-da, Pike, Lunge, Tuck, Donkey Kick, Candlestick, Push Up, Table, Arabesque, Hollow, Straddle, Headstand, Arch, Handstand, Bridge, Freeze, Slide, Flamingo, V-Sit, Rest.

[for visuals click here](#)

Independent Physical Activity:

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Hauora: Social

Either talk to someone in your bubble or facetime/call a friend and ask them the following questions:

- What do you think would be humanity's reaction to the discovery of extraterrestrial life?
- If a child somehow survived and grew up in the wilderness without any human contact, how would they be without the influence of other humans?

Mindful Moment

Find a clear path in your house without any breakable objects around. Spend a moment taking in your surroundings before closing your eyes and walking 3 paces. Turn to your left or right and picture where you are in your head before opening your eyes. Were you close?



ISO-HPE

TRICKSHOT CHALLENGE!

Bottle Cap Flick:

Find a bottle cap and create a trickshot by flicking it either through or into another object. Catch it on camera and put together your trickshot compilation!

WACKY WORLD OF SPORT

The Olympic rings cover every flag in the world. Yellow, green, red, black, and blue were selected because at least one of those five colors appears in every flag in the world.

Get Moving!

Chance Darts:

Before you start the task, get students to pick either red, black, green or white.

1. Watching [this](#)
2. Before each throw, choose a quick workout (10 starjumps, 5 press ups etc.)
3. If the dart doesn't hit your colour, do that workout.

You can play with Whanau, each member having a different colour.

Independent Physical Activity:

-

Hauora: Mental

Find the most oddly specific compliments possible for each member of your bubble. Have a bit of fun with it and make sure not to be mean or sarcastic. An example of an oddly specific complement: "If you were taken by ninjas, I'd train up to be a super ninja. It would take some time, but I would definitely save you at some point!"

Mindful Moment

Write down 6-10 things you are grateful for. This could be anything you like. For extension, choose 3 of these and explain why you are grateful and appreciative