

Years 3 and 4: Monday, March 30

NETFIT ONLINE VIRTUAL CLINIC: FULL-DAY EVENT (register prior to day)

TASK 1: HEALTH AND PHYSICAL EDUCATION

Approx: 45 mins

NetFit Online Virtual Clinic – Wake up Workout

Note to Parents/Guardians:

Netball Australia is conducting a full-day virtual clinic that students can participate in. **You need to register prior to the day**, or can register for the whole week (3 days of clinics) at once. The registration process was fast and simple and can be found here <https://netfitnetball.com.au/netfit-clinic/>
The program runs from 9am-3pm, with breaks, and I'd encourage you to let your child follow it for one school day to get in a range of physical, health and wellbeing activities and give them a break from the usual schooling routine. At present the NetFit Online Virtual Clinics are scheduled to run for a further 3 weeks (Week 1 completed) on Mondays, Wednesdays and Fridays.

Activity:

Using your smart TV, laptop or tablet, type in the link that your parents will have received via email after registering you for the NetFit online virtual clinic.

The first learning session today is a 'Wake up Yoga workout'. Students will be guided by elite netballers doing the program for the day and get breaks every 45 minutes. Even if netball might not be your student's preferred sport, give this one-day program a go and see which sessions they enjoyed the most.

EXAMPLE SCHEDULE FOR THE DAY

Set your alarms. It's going to be epic!

Time	Activity
9:00am - 9:45am	WAKE UP YOGA WORKOUT
10:00am - 10:45am	COOKING IN THE KITCHEN / NUTRITION
11:00am - 11:45am	NETFIT HIIT
12:00pm - 1:00pm	LUNCH BREAK
1:00pm - 2:00pm	SOLO SKILLS AT HOME
2:00pm - 2:30pm	RECOVERY / WELLBEING WORKSHOP
2:30pm - 3:00pm	ELITE Q & A

*Note all times in Australian Eastern Time

Curriculum Links:

Health and Physical Education – Movement and Physical activity – Moving our body

Years 3 and 4: Practise and apply movement concepts and strategies with and without equipment.

TASK 2: HEALTH AND PHYSICAL EDUCATION

Approx: 45 mins

NetFit Online Virtual Clinic – Cooking in the Kitchen/Nutrition

Note to Parents/Guardians:

Session 2 of the NetFit Online Virtual Clinic scheduled to start at 10am.
This session is focused on cooking and healthy eating.

Activity:

This session is focused on cooking in the kitchen and healthy eating. Whilst watching this session, write down any questions or words you didn't understand and ingredients you may need to cook what they did in the clinic.

Answer the following questions whilst watching the session or at the end:

- Why is healthy eating so important?
- How could you improve your eating patterns?
- How does an elite sports person need to eat?
- How does this differ to a grade 3 or 4 school student?
- What sort of food do your bodies need to stay healthy?



#1

First and foremost, we focus on our positive mindset then tackle functional training, skill development healthy recipes to grow and learning to listen to our body.



C·O·M·M·U·N·I·T·Y

Join our virtual community, we are with you every step of the way.

#netfitlivetv



What To Expect

LIVE in REAL TIME! Netball specific workouts, skills, fitness, nutrition and cooking hacks, wellbeing and recovery workshop, elite netballer appearance.



What You Need

Access to the Wi-Fi or 4G connection, laptop/tablet or even your mobile phone. Workout gear, a netball and YOUR SPARK!

Curriculum Links:

Health and Physical Education – Personal, Social and Community Health – Being healthy, safe and active
Years 3 and 4: Identify and practise strategies to promote health, safety and wellbeing

BREAK: 30 minutes

TASK 3: HEALTH AND PHYSICAL EDUCATION

Approx: 45 mins

NetFit Online Virtual Clinic – NetFit HIIT Workout

Note to Parents/Guardians:

Session 3 of the NetFit Online Virtual Clinic is due to start at 11am. This session is a NetFit HIIT workout which is a high intensity interval training method. Your child will need space while watching the clinic on a device.

Activity:

More fun exercise now! This session is a HIIT workout, which is a high intensity, interval based workout. Students should put on some comfortable exercise clothes, have a bottle of water, and follow along with the netballers completing a fitness workout.

Answer these questions:

- Which exercises would you like to do every day or which ones did you enjoy?
- Were you tired after the workout?

Curriculum Links:

Health and Physical Education – Movement and Physical activity – Moving our body

Years 3 and 4: Practise and apply movement concepts and strategies with and without equipment.

LUNCH: 60 minutes

TASK 4: HEALTH AND PHYSICAL EDUCATION

Approx: 60 mins

NetFit Online Virtual Clinic – Solo Skills at Home

Note to Parents/Guardians:

Session 4 is due to start at 1pm and involves netball skills to do at home. If you have a netball at home it might be useful to pump up and have ready. If you don't have a netball any round ball can be used.

Activity:

Follow along with the netball skills session at home. Students might even be able to take your device to an outdoor area to watch this session if the weather and space permits.

This could also be a great session to ask a sibling to join in.

After the session, answer this question:

- What do you need to practise more?

Curriculum Links:

Health and Physical Education – Movement and Physical activity – Moving our body

Years 3 and 4: Practise and apply movement concepts and strategies with and without equipment

TASK 5: WELLBEING

Approx: 30 mins

NetFit Online Virtual Clinic – Recovery/Wellbeing Workshop

Note to Parents/Guardians:

Session 5 of the day is due to start at 2pm and the focus is Recovery and Wellbeing.

Activity:

This session is based on how to let your bodies recover from the fitness aspects of the day and also how to focus on keeping a positive mindset in sport and in life. After the session is finished, answer these question:

- What did you enjoy about this workshop?
- How to elite sports people look after their mental as well as physical health?
- What learning did you take out of this session?

Curriculum Links:

Health and Physical Education – Personal, Social and Community Healthy – Being healthy, safe and active

Years 3 and 4: Identify and practise strategies to promote health, safety and wellbeing

BREAK: 30 minutes

TASK 6: HEALTH AND PHYSICAL EDUCATION/ENGLISH

Approx: 30 mins

NetFit Virtual Clinic – Elite Q & A

Note to Parents/Guardians:

The final session for the day is due to start at 2.30pm and is an Elite Q & A session.

Activity:

Join in the Question and Answer session with an elite netballer. This is where students may get the chance to ask the players any questions about their training, careers, recovery, lifestyle etc.

Jot down any questions you might have or you might want to look up the career of the netballer that appears in your session and see what they have achieved in their career so far.

Would you like to be an elite sportsperson? Why/why not?

Curriculum Links:

Health and Physical Education – Personal, Social and Community Health – Being healthy, safe and active

Years 3 and 4: Explore how success, challenge and failure strengthen identities

SUGGESTED LUNCHTIME ACTIVITIES

- Conference call or facetime some friends to see how their days are going
- Do a colouring activity
- Weed the garden
- Take the rubbish out

ADVICE FOR PARENTS/GUARDIANS REGARDING YOUTUBE LINKS

While YouTube offers some excellent learning resources and we offer suggested links in this material, Kids News cannot guarantee the type of advertisements that will pop up while you are watching these clips.

Please only allow your child to watch the suggested clips with supervision so that you can prevent them seeing the advertisements that are not age appropriate.

NOTE FOR PARENTS/GUARDIANS

These free activities are written by qualified, practising teachers in accordance with/with reference to the Australian National Curriculum 2020 and are intended to be used as a guide for parents.



TODAY'S STORIES

- 1. Fearsome feathered dinosaur with a telltale scar**
- 2. It's Monster Monday! Learn how to draw the best monsters**