



Plenty Valley

CHRISTIAN COLLEGE

In Christ: Wisdom & Knowledge

SPORTS NEWSLETTER

Issue 1

Welcome, the purpose of this newsletter is to give you and your family ideas of how to keep physical during our time of remote learning. We will include different activities, APPS and some challenges for you to complete. The idea is for you to choose something from the newsletter to complete during secondary sport time. There will also be the opportunity to participate in some sort of physical activity through Microsoft teams during your allocated sport time. Primary families feel free to join in with as many activities as possible.

If you have any ideas or have seen anything that you would like to share. Please email helen.padget@pvcc.vic.edu.au.

Weekly Challenge

Trick Shot

Who can record the best trick shot. Doesn't matter which sport, what equipment or how many practices.

Upload to PVCC Families Facebook page in the comments for the weekly sport newsletter.

If you are looking for inspiration, check out Andy Lee's catch.

Brain Break

- Complete a Jigsaw
- Play an instrument
- Go for a walk

Fitness Fun

Check out 28 by Sam Wood.

Daily 28 minute family friendly fitness workouts that can be done in the lounge room.



- ✓ LIVE
 - ✓ FREE
 - ✓ @ HOME
 - ✓ DAILY
- Monday - Friday
9AM (AEST)
All workouts are kid friendly!

Tip of the week

Aim for 30 minutes of exercise every day. Even if it is 6 x5 minute sessions. It is better than nothing.

APP of the week



Nike Training Club

- Find workouts with equipment or no equipment
- A Range of exercises
- Or Create your own Fitness Plans

Sport of the week

Basketball

APPS



Dribble up Basketball



The home court- Basketball

Websites

South East Melbourne Phoenix 'Train with us'
<https://mailchi.mp/semphoenix/training-videos-signup>

Jr NBA at home videos

<https://jr.nba.com/jrnbaathome/>

Youtube- Quarantine at home BBall drills

www.pvcc.vic.edu.au

Please note - These video recordings have been made available to you in accordance with the Copyright Act for you to view only. No further copies or sharing of the videos should be made outside the College as the material in the recording may be the subject of copyright protection. Do not remove this notice.