

PROJOE'S ACTION SHEET

INSTRUCTIONS

- Do at least one challenge every day (do more if you want!)
- Make sure you are really active for at least 15 minutes
- Complete ProJoe's homework challenges
- Try to make ProJoe's Super Fruit Smoothie



PROJOE'S CHALLENGES


TICK EACH TIME
YOU DO IT

1) HOPPO: CHALLENGE YOUR WHANAAU

Hop on one leg with your arms folded. Try to "Bump" your partner off balance. Mix it up by changing legs to hop on.

2) GREAT OUTDOORS: WALK OR JOG WITH SOMEONE.

Ask an adult to go with you. Walk/jog around the local park, garden or lake.

3) OBSTACLE COURSE: CREATE A COURSE, TIME YOURSELF.

Use chairs, cardboard boxes or empty milk bottles to make an obstacle course. Be creative! How fast can you complete the course?

4) TRAVELLING TRICKS: LEAPS, SIDE STEPS, GALLOPS, SKIPS

Practice your leaping, skipping, side stepping and galloping outside. Challenge someone to relays or sprints.

5) RUN LIKE THE WIND: DIY RUNNING RACE.

Challenge your whaanau to a running race. How fast can you go? How far can you go? On your marks, set, GO!

PROJOE'S SUPER FRUIT SMOOTHIE

INGREDIENTS:

- Small banana and/or ½ can tinned fruit (drained)
- 200ml cold trim milk
- 4 tablespoons yoghurt

METHOD:

1. Mash up banana or fruit with a fork or potato masher.
2. Put all ingredients into a shaker or blender and mix until frothy.
3. Pour into a glass and enjoy.

PROJOE'S HOMEWORK

1) How many words can you make from the letters in

HOMEPLAY CHALLENGE

2) At the school cross country ProJoe and his friends ran the following times for their race.

- ProJoe – 4 min 40 sec
- Spoke – 6 min 10 sec
- Hotsteppa – 4 min 20 sec
- Tee – 5 min 45 sec
- Criss Cross – 6 min 15 sec
- Striker – 5 min 30 sec

Who placed:

1st:

2nd:

3rd:

What is the difference between 1st and 6th place?

Can you add all the times together – what is the total time?

3) Can you research and find out about a new game played in a different culture so you can teach it to your class, family or friends?

4) Complete ProJoe's Home Play Challenges.

5) Try and make ProJoe's Super Fruit Smoothie at home.