

Movement Mondays	10's on Tuesday	Warm up Wednesday	Creative Thursday	Fun Friday
Get outside and run, walk, bike or hike for 20 to 30 minutes	Example exercises Various planks for 10 sec, Burpees, squats, jumping jacks, lunges, mountain climbers, push ups, bicycle crunch, wall jumps, step ups what do you like?	Jog, Leg stretch, forward butterfly, Backward butterfly, Gallop, Leap, Shuffle, Skip, High knees, Grapevine, Butt kicks, 2 sprints to finish.	Use some creativity and make up a game with household items. Find different ways to balance or objects to balance on with adult approval	Put on some music and move around to it, find just dance on youtube, get outside and play a game. Eat well, smile and laugh....just have fun!
<b>1 Art Project</b> -While you are outside getting your exercise, collect nature items to make an art project.	<b>2 Roll an exercise</b> -Roll a dice 10 times and do the exercise that goes with the corresponding number.	<b>3 Little sports</b> -Little sports Youtube channel has a lot of kid friendly workouts for your kids to have fun with. Try out this one today! <a href="https://www.youtube.com/watch?v=cqjb-hHxh-l">https://www.youtube.com/watch?v=cqjb-hHxh-l</a>	<b>4 Paper Airplane Target Game</b> -Set Up a Target Space (on the floor or a wall). Fly your plane and reach the target!	<b>5 Play an exercise version of Simon Says with your family</b> Example: Simon Says jog in place for 20 seconds.
<b>8 Bird Spy Bingo</b> -See if you can complete the Bird Spy bingo card while you're outside exercising with your family.	<b>9 Plank Hockey</b> Watch the video to see how to play. <a href="https://youtu.be/lhVZzMC9x18">https://youtu.be/lhVZzMC9x18</a> While planking, you try to score your item in between your partner's arms while they are also planking. You can use a ball, bean bag, or any item that slides/rolls.	<b>10 Sock Hop</b> -Activity on Page 2	<b>11 Trash Can Throwing</b> -Activity on Page 2	<b>12 Report Card Writing Day</b> -Plan your own fun activity with your family and send us a video of what you did.
<b>15 - Virtual Field week</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22 - Goose chase app activity week - see page 2 for how to participate</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>			

**Sock hop** - Pick an opponent from your house and a starting line. You need two baskets/boxes to put the socks in. With your parent's permission, collect as many socks as you can find and spread them out in an area of your house. On the go signal, hop on one foot to collect a sock and return it to your basket/box. Once all the socks have been collected, count to see who has the most. Modifications: change the movement/how you get around (running, skipping, jumping) and/or different coloured/sized socks for bonus points.

**Trash can throwing** - Grab a trash can (or any bin!), scrap paper and roll it into a ball. Pick/Make 3 shooting lines. Closest line = 1 point. 2nd closest line= 2 points. Furthest line = 3 points. You get 10 shots to score the most amount of points that you can. Play by yourself or against a family member.  
*TIP: If you don't have paper, roll up some socks !*

**Goose Chase App** - You will need to download the GooseChase app. Use your name in profile and game code the MLS Phys Ed Staff send out in an email to parents. There are a lot of different challenges to choose from and you can gain points!