

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!
				1 Family Time Activity on page 2 Word of the day -Mental Health
4 Walk and count Take a 30 minute walk with your family and pick an object to count - birds, trees, houses etc... How many objects did you count in the 30 mins? How did you keep track?	5 Board game Bonanza Check out our instagram page for Monopoly and Yahtzee fitness games.	6 Throwing and Catching Activity on page 2	7 Bull's eye You need a ball and a laundry basket 10 feet away from you. Underhand serve the ball into the basket. How many times can you get the ball in the basket in 1 min?	8 Show Time You all have special talents...stickhandling, dribbling, juggling, etc... Practice and send us a picture or video of you demonstrating your skills! We'd love to see it!
Word of the day - Math	Word of the day - Cooperation	Word of the day - Skills	Word of the day - Aim	Word of the day - Practice
11 Shape hunt When you're out walking, running or biking, how many squares, circles, rectangles and triangles can you find?	12 Relay Races Activity on page 2.	13 Jump rope Bingo Activity on page 2.	14 Stretching on a mat Session #2 Will be posted on Twitter and Instagram	15 Zoo Tour Activity on page 2
Word of the day -	Word of the day - Matching	Word of the day - Jump Rope	Word of the day - Flexibility	Word of the day - Imagination
18 - No School Today is your day to come up with a physical activity.	19 Grid Fitness At home learning document	20 Agility Pattern Activity on page 2	21 Stuffie Golf Activity on page 2	22 Mini putt challenge Activity on page 2
Word of the day - Self Educate	Word of the day - Chance	Word of the day - Pattern	Word of the day - Strike	Word of the day - Design

<b>25 Rainbow Hunt</b> When you're outside getting your activity for the day, can you find items that match with each colour of the rainbow? (ROYGBIV)	<b>26 Shuttle Run/Quick feet</b> Activity on page 2	<b>27 Kangaroo Jumps</b> Activity on page 3	<b>28 Driveway Shuffleboard</b> Activity on page 3	<b>29 Indoor Curling</b> Activity on page 3
Word of the day - <b>Curve</b>	Word of the day - <b>Line</b>	Word of the day - <b>Zig Zag</b>	Word of the day - <b>Push</b>	Word of the day - <b>Curl</b>

**Family Day** - Outside/inside and play a game of your choice. Could be a favorite tag game from school, catch, soccer, relay race, card game or board game.. Have fun and stay safe.

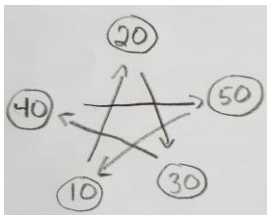
**Throwing and Catching** - Level 1 - Throw the ball up and catch it 10 times in a row. Level 2 - Throw the ball up, touch the ground then catch the ball 10 times in a row. Level 3 - Throw the ball against the wall, let it bounce once and catch 10 times in a row. Level 4 - Throw the ball, spin around and catch the ball before it bounces 2x. (10 times in a row) Level 5 - Create your own challenge.

**Relay races** - Start at one end of a room. When your parents say go, you pick up 1 sticky note or paper with tape on it, run to the other side of the room with the large paper and match the number/letter on your sticky note to the one on the big paper. Run back, pick up another sticky note and continue until they are all matched.

**Jump Rope Bingo** - Try to fill in your Bingo cards with all the different numbers of jumps. When you are done, see if you can add up how many jumps you have done in total.

**Zoo Tour** - Think about going to the zoo and seeing many different animals. Choose 10 animals that you might see in a zoo or they could be out in the wilderness. Your goal is moving like the animals you choose for 30 seconds. Ex. **Elephant, Bear, Frog, Horse, Reindeer, Flamingo, Eagle**.... give this a try and if you want to add more animals that would be great. We can't go to the zoo so let us bring the zoo to our households.

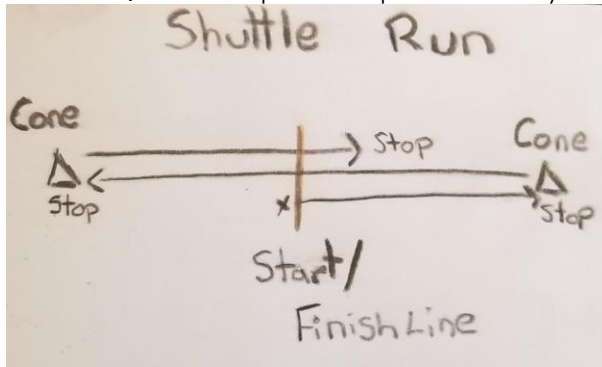
**Agility pattern** - Write/place the numbers 10, 20, 30, 40, 50 on the ground in a star shape. Each number should be 3Meters apart. Start at 10 and then go to 20 and continue the sequence until you are back at 10. If you have a stopwatch or any device to see how fast you can make the star. Feel free to add to this and come up with your own pattern.



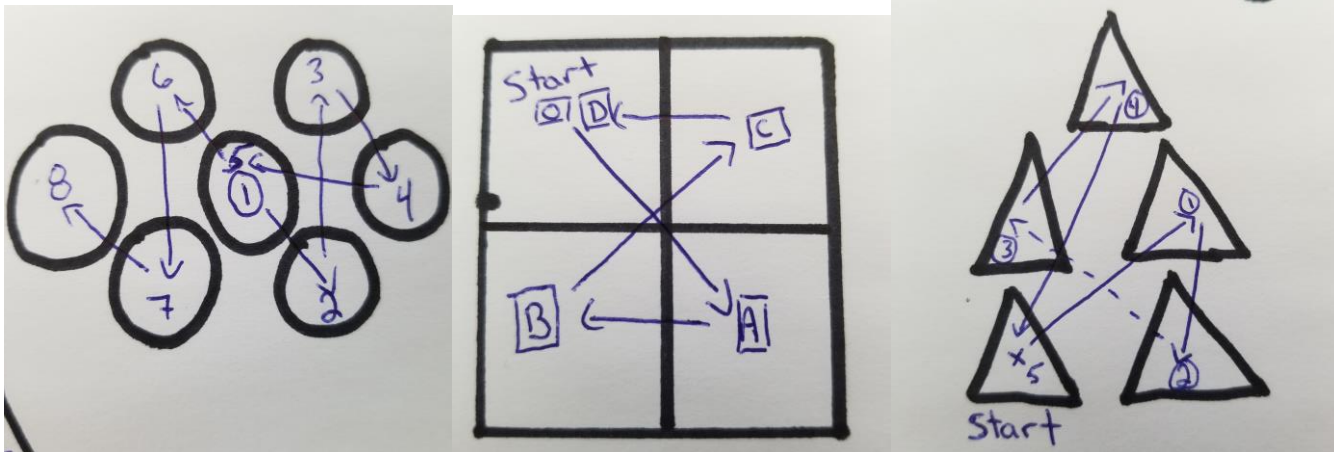
**Stuffie Golf** - Line up 10 stuffies or other toys 10 feet away from you. Using a putter or household item to use as a putter, try to strike the ball and hit a stuffie/toy. How many tries does it take you to hit all the stuffies?

**Mini Putt Challenge** - Design a 3 hole mini putt course either inside your house or outside. Challenge other people in your house to test it out. How many strokes does it take you or others to complete the course?

**Shuttle Run/Quick feet** - perform a "quick foot" activity through an agility ladder then set yourself up for a shuttle run. Example drawing is below.



**Kangaroo Jumps** - Make/put shapes ( squares, circles, squares) on the ground and create a jump pattern. Below are some examples you can try and we will post examples on twitter and instagram.



**Driveway Shuffleboard** - Start by drawing a large triangle on each end of the driveway. Find pucks, pieces of wood, cream cheese containers as the pieces you will be pushing at the triangle targets. you will need a stick or broom to push the items down the driveway or sidewalk whatever is close to you to use. This game is like curling the person who scored points the end before goes first and you alternate shots. There will be numbers in the triangle and you add up your points that you get each round. A puck must be all the way inside the triangle to score points, a piece of it cannot be hanging outside the line. Play the game until one player reaches an agreed upon number of points.

**Indoor curling** - Setup some form of rings at each end of a hallway. roll socks up, use coasters, soft balls and see who can get closest to the middle of the rings. One person will start and the other person will shoot after the first person's item has stopped. Continue this until each individual has thrown the same number of items. After the round, stand at the rings where the items ended up and throw the items back to the other end of the hallway. you can keep score or choose a word and whoever is closest to the middle of the rings gets a letter of the word you chose. If you have to play by yourself use one set of rings and see how many you can get into the rings in a row.

