**Park Street Daily Activities**

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| **Minecraft Monday** In the game Minecraft you have the freedom to build whatever you want with the materials you collect. Today I challenge you to collect materials to create an obstacle course that requires you to move at different levels (high, medium or low) and requires some balancing. | Some things you may use for your obstacle course are:- couches, pillows, blankets, stools- boxes and tape - personal items such as stuffies- scrap wood (used safely with an adult)Remember to put things back when you are done! |
| **Tossing Tuesday**On Tuesdays look to improve your throwing skills and have some fun with simple throwing games such as Add it up. Take advantage of the objects you have to use with these games (balls, Frisbees, bean bags, etc.) and challenge yourself! This is also a great time to play catch with a family member and do your best to make 10, 20, 50 Catches in a row. | Add it up Link:<https://www.youtube.com/watch?v=vxDrDNB0X78> |
| **Winded Wednesday**On Wednesdays, we run! Rally up a family member and get outside. Following our social distancing laws, keep 2 meters distance from others and go for a 15-20 minute run/walk around your neighborhood. Try your best to maintain a steady run throughout the time.  | While running try to stay relaxed and keep a steady breathing pattern. Some easy ways to do this is pretending you have eggs in your hands and you need to hold them gently to not break the shell. Keeping a steady pace (running the same speed the entire time) will help keep your breathing consistent.  |
| **Tear it up Thursday**This Thursday we want to tear up the dance floor with some sweet moves! Find yourself some cool just dance videos and try to master the movements for the songs you choose. Some are more difficult than others, but I am sure you remember some of Mr. Dolliver’s favorites! | Just Dance Link:<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ/videos> |
| **Freaky Friday**On Freaky Fridays, you want to imagine yourself as one of your favorite sports player. Maybe you’d like to ball handle like Lebron James or Diana Taurasi, stick handle like Sidney Crosby or Hailey Wickenheiser, sprint like Usain Bolt, pitch like Clayton Kershaw, strike like Lionel Messi or Christine Sinclair. Consider the hard work they did at a young age to become the stars they are now. | As a child, I loved to pretend I was Steve Nash (a Canadian basketball player who won most valuable player for the NBA 3 times!) and work on my ball handling skills for hours. If it was raining, I would mimic his moves in the basement and if it was nice I would go out to the driveway. Who’s your favorite sports star? |

**Remember to get outside and have some fun!**