**Park Street Daily Activities**

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| **Spell it out Monday**  This is a simple game which you can do with a family member or a bubble friend. The first thing you need to do is choose a word to spell with your partner. Once you have chosen, make two lines on the ground using any material you have. One line is your start, and the other is the writing line. Play a game of rock paper scissors, the winner will run and the other will do jumping jacks. The runner will run out to the writing line and start the word which you chose. When they return you play rock paper scissors again. Continue until the word is complete. | Rock Paper Scissor Spelling link:  <https://www.youtube.com/watch?v=sybEPi65BW0> |
| **Circle Ball Tuesday**  This is a variation of 4 square and spike ball played between two players. Using sidewalk chalk, a skipping rope, or a hoola hoop, form a circle on the ground to create a boundary for the ball to bounce in. One person will serve by striking the ball with their hand into the circle. The other player must return the ball by striking it back into the circle so that it bounces one time. If the ball bounces outside the circle, the other player scores and the ball is served again. | If you are not comfortable with striking the ball, play a modified game with catching and throwing. You can play a game where you see how many bounces and catches you can get in a row with your partner, or a game where you try to score points on your partner.  Circle Ball Example Link:  <https://twitter.com/CIRAOntario/status/1256213371856265216> |
| **Spelling Workout Wednesday**  This Wednesday we look develop some balance and strength through the use of creating a word of your choice! Choose a word, then spell it out letter for letter. Each letter will have an exercise to do along with it, found in the link provided. Make sure you take your time and get the movements of each exercise before going full speed! | Spelling workout link:  <https://www.youtube.com/watch?v=cEN2zjI_cs0>  Once you have the hang on the movements for your word, perform each letter 10 times! Goodluck! |
| **Stick Agility Thursday**  For this game you need to find a stick that is a decent size, and a safe area to sprint to. The goal of the game is to stand the stick upright so that it balances as best as it can. Start by making a start point and end point. Then, holding the stick on the top so that it is standing upright from your start point, release the stick and see if you can make it past your end point before it falls. | Stick Agility Link:  <https://www.youtube.com/watch?v=GZg1678O8Ts&feature=youtu.be>  Do your best and challenge yourself. Each time you succeed, move your end line, or start line, so that you need to go further. How far can you go? |
| **Flying Friday**  For flying Friday, you and a family member will have to find a safe place to set up an obstacle course. We set ours up on pavement and the neighborhood kids loved it! Using sidewalk chalk, or any items you may have, create a course that may be universal for a variety of items and do your best to fly through the course! We ran through ours forwards, backwards, skateboarded, roller bladed, rode our bicycles and even used a toy car. Use what you have and challenge yourself to make your way through your course | Luckly we live on a quiet street to make the course, but if you do not try to find a safe place, such as:   * A basketball court * A rarely used parking lot * A lawn * A driveway of someone you know (ask politely first) |

**My Youtube:** <https://www.youtube.com/channel/UC-WYiThEhZU2Ee9UdtToKmg?view_as=subscriber>