**Park Street Daily Activities**

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| **Muscle Monday**  On Muscle Mondays we will be developing strength through a variety of exercises using Dice Fitness. If you do not have a dice you can create one by using paper, tape, and a pencil or marker. A dice has 6 sides! Once you have your dice, roll to see which exercise you will be doing. While exercising, maintain steady breathing and always do your best! | 1 – 10 Crunches  2 – 10 Push ups  3 – 10 Jumping Jacks  4 – 10 Squats  5 – 20 Seconds Plank  6 – 20 seconds jog on the spot |
| **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> |
| **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. |
| **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? |
| **Foot Putt Friday**  Foot Putt Friday is much like mini putt golf, but instead of using a putter golf club and a golf ball, you use your foot and any ball of your choice. Arrange a “hole” by setting up obstacles either inside or outside of your house. Each hole should have a start point, and an end object which the ball must touch. The goal of Foot Putt is to strike the ball with your foot as few times as possible before the ball hits the end object. Playing with a partner would be a great way to challenge each other to have the least number of touches! | Foot Putt Link:  <https://www.youtube.com/watch?v=59KqNnGlJi4> |

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