**Park Street Daily Activities**

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| **ASDW Challenge Monday**  Take a look at the ASDW challenges and try out one or two of their games. Consider what you have for materials and ensure that you have a safe area for the activity chosen. | Find these challenges on our school website under “Athletics”.  ASDW Challenges Link:  <https://secure1.nbed.nb.ca/sites/ASD-W/ParkStreet/Athletics/default.aspx> |
| **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. |
| **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>