



Centreville Community School



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3-5 HOME LEARNING PLAN

Grade:	3-5 Phys.ed.
TEACHER	C. Sparrow
Chris Sparrow	Principal : Christopher.Sparrow@nbed.nb.ca
Kori Springer	Resource: Kori.Springer@nbed.nb.ca
David Mahar	Guidance: David.Mahar@nbed.nb.ca
School	CentrevilleCommunity@nbed.nb.ca

In accordance with the communication sent from our Minister of Education, Dominic Carty, on April 2, 2020 Home learning opportunities to support literacy and numeracy outcomes will be made available online weekly by Teachers.

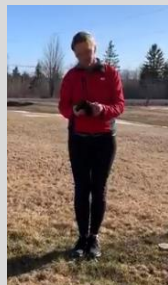
Families encouraged to:

- Support their children to complete the options below for an average of **one hour per day**.
- Read aloud with their children daily; and
- Consider daily physical activity and free play as an important part of their child's mental health and skill development.

Description of Learning Activities - Try for 30 mins of physical activity each day!

Monday: Throwing and Catching Challenge

Here are 10 throwing & catching challenges for the whole family. Create some new ones after you've completed these 10. What challenge is the easiest or hardest?



Activity Link:

<https://twitter.com/NBPES/status/1247504176638300160?s=20>

Tuesday: Outdoor Walk Bingo

Outdoor Walk Bingo – go for a walk and play a game of bingo. Try a full line or maybe even two. Go four corners or full card. It's up to you.

Outdoor Walk Bingo

Find a hill and run up it to increase your HR ❤️	Find 2 things that are yellow 🌻🌻	Stop and think of one thing that makes you laugh. 😂	Find a rock that has cool colors.	Do 30 seconds of Jumping Jacks ❤️
Find a spider web with a spider in it. 🕸️	Count the windows on a house. 🏠	Find a plant that is starting to grow	Find a plant that is starting to grow 🌱	Find a tree that is beginning to grow leaves 🌿
Stop & think of one happy memory. 😊	Find 2 birds 🐦		Stop & think of 3 things that you are thankful for.	Find something blue.
Find 3 different sized rocks	Stop & look up at the sky. Enjoy the view!	Find a rock that is smooth	Find a long walking stick.	Stop and think of one thing that makes happy.
Skip 30 seconds ❤️	Find 2 things that move 🐛	Find something red. ❤️	Find a short twig.	Jog 30 seconds ❤️

Created by @KlaffkePE

Activity Link:

<https://twitter.com/KlaffkePE/status/1245467891803262978?s=20>

Wednesday: Choose Your Challenge Workout



Choose Your Challenge Workout!

Left- Dynamic Jumping Burpees

Right- Traditional Plank Burpees

Decreasing Reps (10, 9, 8, 7, 6, 5, 4, 3, 2, 1)

Enjoy!

Activity Link:

Full Video: <https://youtu.be/FdUzvruLfWg>

Thursday: Home Scavenger Hunt



PE @ Home Scavenger Hunt



Directions: Find at least one other person to play with & select an amount of time (7 minutes) to play. Also, designate an area close to this screen where each participant will put his or her scavenger hunt items. When you say, "Go", each participant will travel **SAFELY** through the house to find the items in the scavenger hunt. Once an item is found, it must be brought back to the designated area before going to get the next item. Therefore, you may **NOT** get more than one item per trip! Once time has ended, add up your points to see who wins. If someone gets all 25 items before time expires, they automatically win. You can play this game by yourself too. Time yourself for 10 minutes to see how many points you can earn. Then, share your score with one of your classmates. Have fun!

1 Point	2 Points	3 Points	2 Points	1 Point
Band-Aid	Tape Measure	Cookie Cutter	Flashlight	Piece of Candy
Mismatched Socks	A Toy with Wheels	Something with Your Name On It	Vegetable (Any Kind)	Musical Instrument
Ball (Any Kind)	Hat	A Penny Made Before the Year You Were Born	Something to Recycle	Stuffed Animal
Fruit (Any Kind)	Sunscreen	Dr. Seuss Book	Sunglasses	Key
Water Bottle	Floss	Button	Wooden Spoon	Clothes Hanger

When you're done playing, please make sure everything gets put back where it belongs. Thank you!

Created by Mr. Chance Condran
Twitter: @MrCondranHPE

Find a partner and set a time. Keep track of points and see who gets the most points.

Activity Link:

<https://twitter.com/MrCondranHPE/status/1245819356786896897?s=20>

Friday: 10 For 10

10 For 10

- Place the open container 10 feet away from you.
- Using an underhand **STRIKE**, try to get the ball to go into the container.
- How many out of 10 can you score?
- Challenge a family member to a game!!!

Have a go with some underhand striking! Find a target and try to "sink your shot". Mix it up using different hands and hitting targets from different distances.

Activity Link:

<https://www.youtube.com/watch?v=RIS0f8XuGI0>

****Always remember to clean up your mess!****