



Centreville Community School



Follow us on Twitter at @CentrevilleSch for additional activities.

3-5 HOME LEARNING PLAN

Grade:	3-5 Phys.ed.
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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!

ASDW Spring Games Challenge:

As we enter June we think about track & field, field days and fun end of school events, with this in mind the Phys Ed Team in ASD-W has put together a Spring Games Challenge. These challenges require equipment that most of us have at home or are easily adaptable and we'd like students K-12, teachers, staff and school community to take part. It is a great Physical Activity & Wellness Challenge for all.

Starting on June 1st we will be releasing a video and challenge card via our Twitter Pages (@jcrossland15 @rosscalder74) and the NB PES YouTube Channel

<https://www.youtube.com/playlist?list=PL2ZiLbnHH6WF4hDrRZm8Gy8aWjMXbelp2>, the object is to take part in that activity of the day, save your score via the scoresheet attached and share a video taking part using the hashtag #ASDWSpring

Game cards and score sheet are posted along with your weekly lesson. All the information above can also be found here: <http://nbpes.ca/asd-w-nbpes-spring-games-challenge/>

Monday: Chalk Games

Check out the link below, "Active for Life" for eight fun and timeless chalk games. No Chalk? Try the Bonus workout at the bottom of the page.

Activity Link:

<https://activeforlife.com/8-active-chalk-games/>

Tuesday: Plinko, Special Delivery or Both?

Plinko:

Activity Link:

<https://twitter.com/LStewartPE/status/1263804533542699009?s=20>

No stairs, who cares! Try a bowling version of the same game! Roll the ball into buckets that are tipped up on their side, or onto a piece of paper.

Special Delivery:

Try inside if it is raining and there is enough room.

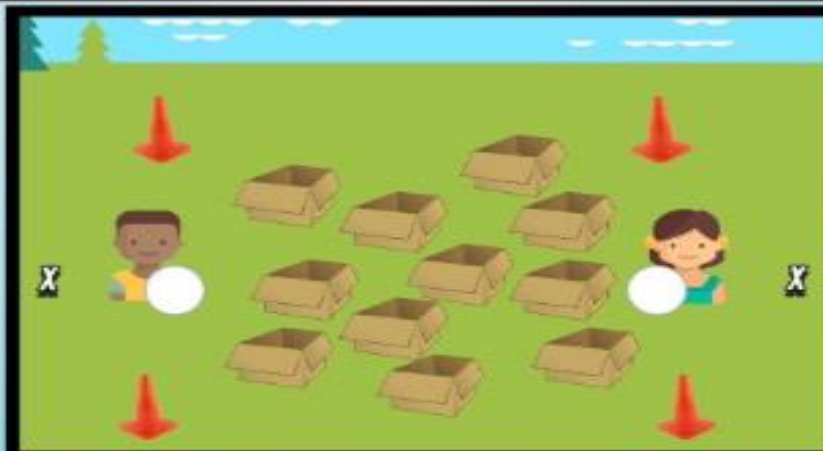
~AT-HOME PE~ SPECIAL DELIVERY

EQUIPMENT: BOXES (BINS OR BASKETS), 2 BALLS (ROLLED UP SOCKS), X MARKERS (SOMETHING TO SHOW SPOTS ON THE GROUND), and 4 CONES (SOMETHING FOR MARKERS TO MAKE LAYOUT).

SET-UP: WITH YOUR PARENT'S PERMISSION, SETUP AN OUTLINE WITH THE 4 CONES. PLACE ALL THE BOXES INSIDE SPACED OUT. MAKE AN "X" MARK ON BOTH SIDES OF THE LAYOUT. EACH SIDE WILL HAVE A BALL TO START OUT.

ACTIVITY: STUDENTS WILL WORK ON THROWING SKILLS. ON THE "GO" SIGNAL, STUDENTS ARE TRYING TO GET THEIR BALL INTO THE BOX. IF SUCCESSFUL, STUDENTS WILL COLLECT THE BOX AND DROP IT OFF ON THE "X" MARKED SPOT. IF UNSUCCESSFUL, STUDENTS WILL RETRIEVE THEIR BALL AND TRY AGAIN. STUDENTS ARE TO KEEP BOXES STACKED ON TOP OF EACH OTHER ON THE "X" SPOT IF COLLECTED. ONCE ALL BOXES ARE COLLECTED, COUNT TO SEE WHO HAS THE MOST. STUDENTS MUST STAY BEHIND THE CONES TO THROW.

ENRICHMENT/MODIFICATION: PLACE THE MARKERS CLOSER/FURTHER AWAY. USE A SMALLER/BIGGER BALL. PLACE THE BOXES IN A CERTAIN DESIGN. SET A TIMER FOR COLLECTION. HAVE TRICK SHOTS COUNT FOR 2 BOXES.



Wednesday: Yoga

Here are some new yoga activities for you to try.

Activity Link:

Harry Potter- Cosmic Kids (27 minutes)

<https://www.youtube.com/watch?v=R-BS87NTV5I>

Pokemon- Cosmic Kids (24 minutes)

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

Dinosaur Disco- Cosmic Kids (4 minutes)

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

Thursday: Hang 'Em Up

Try this outside or see if you can make it work inside when it is raining.

~AT-HOME PE~

hANG 'EM UP

EQUIPMENT: 3 HANGERS (NEEDS TO HAVE BOTTOM RUNG), MARKER (FOR STARTING SPOT), AND 3 POLES/STICKS (SOMETHING YOU CAN PUSH INTO GROUND).

SET-UP: WITH YOUR PARENT'S PERMISSION, FIND AN OPEN AREA OUTSIDE AND PUSH THE POLES INTO THE GROUND. PLACE THE POLES 2 FT FROM EACH OTHER MAKING A TRIANGLE. MAKE SURE THE POLES ARE NOT GOING TO FALL DOWN. THE MARKER WILL NEED TO BE 10 FEET FROM THE POLES.

ACTIVITY: STUDENTS WILL WORK ON THEIR UNDERHAND THROWING. WHILE THROWING ONE AT A TIME, THE GOAL IS TO GET THE HANGERS TO EITHER: TOUCH THE POLE (1 PT), GO THROUGH THE MIDDLE (2PTS), OR HOOK THE TOP (5 PTS). TRY TO GET TO 15 PTS.

ENRICHMENT/MODIFICATION: PUSH THE MARKER CLOSER TO THE POLES. PLAY WITH A PARTNER (MAKE SURE TO BE FAR AWAY WHEN THEIR THROWING). HAVE MORE/LESS POLES IN THE GAME. USE DIFFERENT TYPE OF HANGER (PLASTIC/WIRE).

SCORING:

1PT 2PTS 3PTS

Friday: Jump Rope

Looking at the forecast, this should be a nicer day so, it is time to get back outside. Click the following link for new skipping chants you may not have heard before. This website is also a great resource to improve your moves. Check out the Education link at the top of the page.

Activity Link:

<https://buyjumropes.net/resources/jump-rope-rhymes-songs-buyjumropesnet/>

Bonus Workout:

Try this anytime throughout the week.

Activity Link:**Spider-Man:**

https://www.youtube.com/watch?v=YC_V8hnU2PY&list=RDQMQUpzPXtwgds&start_radio=1

Supergirl:

https://www.youtube.com/watch?v=TGex6z_t4Mk