



Centreville Community School



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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!

Monday: 10 At Home Learning and Movement Activities

10 AT HOME LEARNING & MOVEMENT ACTIVITIES

Activity Link: There is a link for this activity included with Learning Plan on the main page.

Tuesday: Homemade Frisbee Fling

Let's build something today. You will need a 1 chair, 1 basket, tape, 2 paper plates and 1 sock.

CREATE YOUR HOMEADE FRISBEE USING 2 PAPER PLATES, A SOCK, AND TAPE.

PLACE THE BASKET ON THE CHAIR TO CREATE A THROWING TARGET.

CREATE 2 THROWING LINES THAT ARE WORTH DIFFERENT POINT VALUES.

10 FOOT LINE= 2 POINTS

15 FOOT LINE= 3 POINTS

THROW THE FRISBEE INTO THE BASKET FROM DIFFERENT DISTANCES TO SCORE POINTS.

HOW MANY POINTS CAN YOU SCORE IN 1 MINUTE?

Activity Link:

https://www.youtube.com/watch?v=k8o_W0KJnak&feature=youtu.be

Wednesday: Yoga Day

I am hopeful that the last session of yoga was well received. Let's give it another go.

Activity Link:

Cosmic Kids Yoga - The Wizard of Oz (43 minutes)

<https://www.youtube.com/watch?v=ZSdmABQXt3E>

PAW Patrol, Bubble Guppies and Team Umizoomi (8 minutes)

<https://www.youtube.com/watch?v=vpUqY2bCcck>

Cosmic Kids Yoga- Spider Power Yoga (13 minutes)

<https://www.youtube.com/watch?v=fnO-lGEMOXk>

Thursday: Cotton-Toes

All you need is a plastic cup and a handful of cotton balls! If you don't have any cotton balls, a small sock or a piece of fabric will work. → Modification: If you are having a hard time hopping on one foot, try crawling over to the cup instead and/or do the crab walk!

Activity Link:

<https://twitter.com/cpola17/status/1248060437624762368?s=20>

Friday: Cardio Drumming

Some great songs to exercise to. I had a blast with this and hope that you do too.

Activity Link:

Shut up and Dance with Me:

<https://www.youtube.com/watch?v=onTz1d3dx18>

Rolling In The Deep:

<https://www.youtube.com/watch?v=Jakj4L83Wsl>

Starships:

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