



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

Monday: Easter Monday

Tuesday: Kicking Chairshoes

Kicking Chairshoes

- Find someone to play against.
- Set up 2 chairs across from each other about 10-12 feet apart.
- Rock, Paper, Scissors to see who goes first.
- Using a ball (or a rolled up sock), accurately kick the ball to make it go through the legs of the chair.
- Scoring is as follows...
 - Ball goes completely through the legs of the chair = 3 points
 - Ball comes to rest under the chair = 2 points
 - Ball hits a leg of the chair but does not go under or through = 1 point
- First player to 21 points wins.

<https://www.youtube.com/watch?v=MIQodCJQfi4>

Wednesday: Indoor Scavenger Hunt

Indoor Scavenger Hunt

- ♥ Goal is to increase your heart rate & have fun!
- ✂ Find 3 crayons
- ✂ Find a lost sock
- ✂ Find your favorite book
- ✂ Find something that is very soft
- ✂ Find 2 things that have wheels
- ✂ Find a spoon
- ✂ Find your favorite sweatshirt
- ✂ Find 3 things that make you happy
- 🏃 Now use your quickness to put everything away as fast as you can!



Thursday: Kick-Tac-Toe

Kick-Tac-Toe

Find another person to play against.
Create a Tic-Tac-Toe board on the floor using tape or something similar.
Take turns with the other person kicking the ball (or rolled up sock) to make it stay in one of the squares.
If the ball stays inside one of the squares, put your "X" or "O" in that square (You can use a small piece of paper with "X" or "O" written on them).
You can turn any "X" or "O" into the other one by making your ball stay inside that square.
3 in a row first wins.

<https://www.youtube.com/watch?v=gDmAHBZqRY8>

Friday: Plank Tap Challenge



<https://www.youtube.com/watch?v=zy2i1hqwQD0&feature=youtu.be>