



Centreville Community School



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K-2 HOME LEARNING PLAN

Grade:	K-2 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: Music Moves

Let's start the week with a cardio challenge called Music Moves. Good luck!



Activity Link:

<https://www.youtube.com/watch?v=8RTT4hUJsBA>

Are you all warmed up and ready for another challenge? Find a partner and give this activity a try. Go to the activity link below and each of the illustrations is animated so that you can see how to do the movement.

The graphic is titled "PE Teachers Classroom TIC TAC TOE". It features a 3x3 grid of fitness challenges. Each cell contains a small illustration of a person performing the exercise and a text label. To the right of the grid is a list of four rules for the game. At the bottom right are large black symbols for 'O' and 'X'.

 High Knees for 20 seconds	 10 Burpees	 20 Jumping Star Jumps
 10 Press Ups	 15 Prison Squats	 10 Ab Crunches
 20 Alternate leg drops	 10 V tucks	 20 Ski's

1. Rock, Paper, Scissors for who goes first
2. First person places either O or X on fitness challenge
3. Before the next player can go they must perform the fitness challenge
4. The first person to get 3 in a row is the winner

O X

Activity Link:

<https://twitter.com/PETeachersClass/status/1250710522460123137>

Tuesday: Birdie in a Cage

Let's build something. Create a paddle using a spatula, paper plate and tape. Use this paddle to underhand serve a sock ball from 8-10 feet away into a laundry basket to score a point. Play a few rounds trying to beat your high score or play against an opponent.



Activity Link:

https://www.youtube.com/watch?v=rk_8Wqp3_tE&feature=youtu.be

Wednesday: SKEE WALL

Where everyone had such a fun time building a paddle yesterday let's try something a little different called Skee Wall. The directions are below along with an activity link where you can see the game being played. Have fun!



SKEE WALL



Directions: **Ask for your parents permission first!!!** Get 8-10 large plastic cups and label them with different point values and cut the bottom off. With younger students keep them in single digits, older students can use larger point values. Tape the cups to a wall or door in a random order or from most to least from top to bottom. Use a ping pong ball, make an aluminum foil ball, or another lightweight object to throw at targets. Place a laundry basket beneath the cups to collect the objects. Using an underhand throwing motion, attempt to score as many points as possible.

Ways to play:

- Using a specific number of objects to throw, try to score the most points by landing them in the cups. Try to break your record in each round.
- Tape 3 lines at different distances from the cups:
 - 1st line = points on cup, 2nd line = double points, 3rd line = triple points
- Play for a set amount of time with only one throwing object
- Play against a partner using the options above
- Trick Shots!!! Create a trick shot for double the points (under leg, behind back, etc)



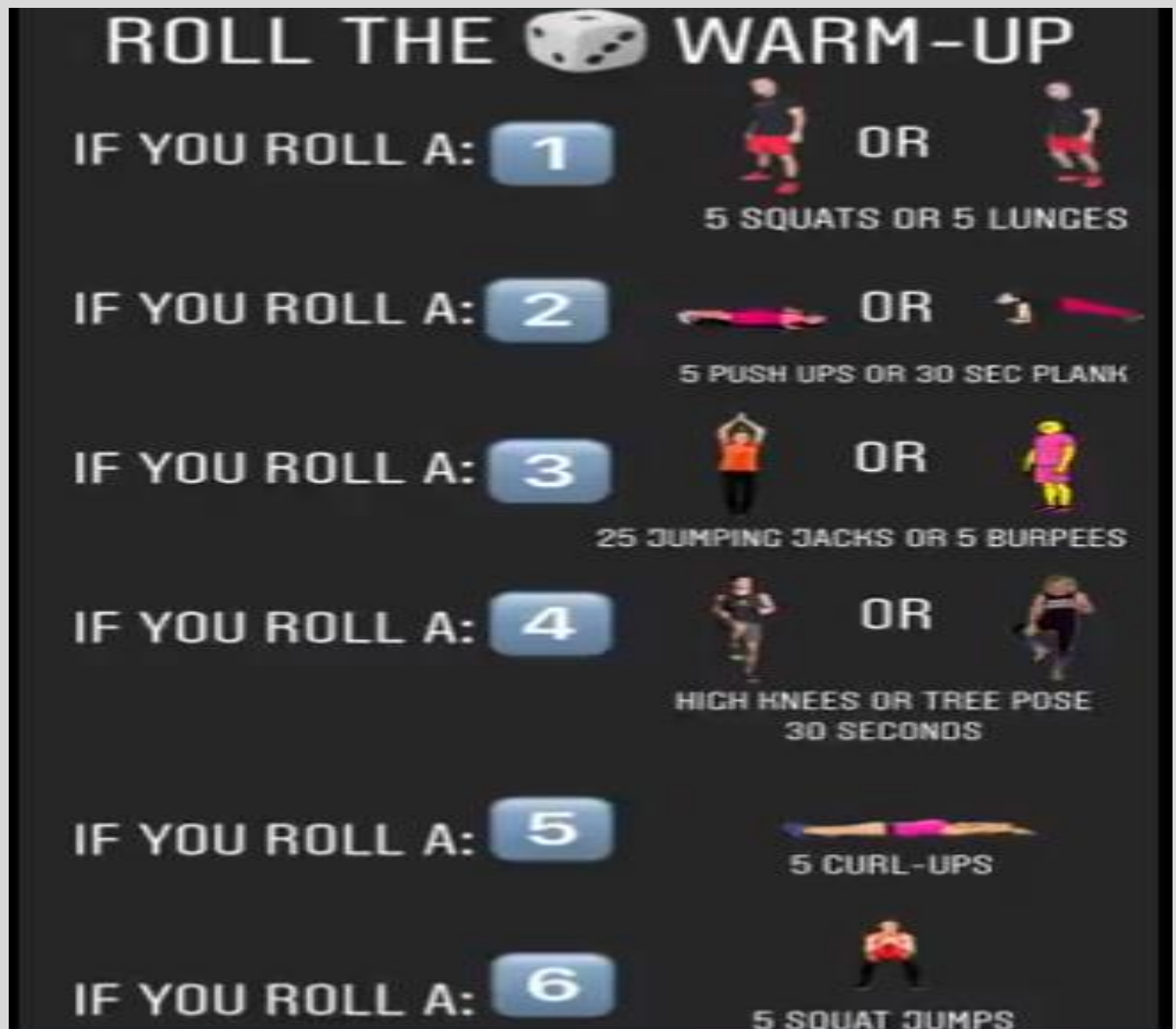
Created by Jason Denk, ©mrdenkpross


Activity Link:



<https://twitter.com/BarbaraBorden9/status/1250862756749873152>


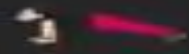
Thursday: Roll the Die Warm-Up



Go to the activity link below and each of the illustrations is animated so that you can see how to do the movement and let's get moving!






ROLL THE  WARM-UP


IF YOU ROLL A: **1**  OR 
5 SQUATS OR 5 LUNGES

IF YOU ROLL A: **2**  OR 
5 PUSH UPS OR 30 SEC PLANK

IF YOU ROLL A: **3**  OR 
25 JUMPING JACKS OR 5 BURPEES

IF YOU ROLL A: **4**  OR 
HIGH KNEES OR TREE POSE
30 SECONDS

IF YOU ROLL A: **5** 
5 CURL-UPS

IF YOU ROLL A: **6** 
5 SQUAT JUMPS

Activity Link:

<https://twitter.com/mdfraioli/status/1248573341193179141>

Now it's **Yoga time!** There are a couple links below that will take you through the various movements. The first link is a session that we have done a couple times during the school year and should look very familiar. The second link is brand new. Give it a go.

Activity Link:

Session #1: <https://www.youtube.com/watch?v=X655B4ISakg>

Session #2 : <https://www.youtube.com/watch?v=xlg052EKMtk&t=150s>

Friday: Snakes and Ladders

Let's end the week with a game of Snakes and Ladders but phys.ed. style.

- Roll the dice and move that amount of spaces.
- Complete the exercise.
- If you land on the head of a snake move to its tail.
- If you land on the bottom of a ladder go to the top.

Level 1 - complete the square once
Level 2 - complete the square twice
Level 3 - complete the square three times.

20 air jabs	20 mountain climbers	15 push ups	10 sit ups	FINISH
10 squat jumps	25 star jumps	12 burpees	20 heel flicks	10 high knees
20 lunges	10 push ups	15 sit ups	20 mountain climbers	Plank till you drop
10 air jabs	15 straight jumps	10 squats	20 second squat hold	10 squats
START	15 star jumps	20 high knees	20 second plank	15 heel flicks

PEHuddle

Activity Link:

<https://twitter.com/PeHuddle/status/1241440759515156481>