



# 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: Victoria Day

#### Tuesday: Dance Day

Young Dylan Dance Along:

Go Noodle: <https://www.youtube.com/watch?v=3Wnl4UNgSaY>

Get Yo Body Movin- KooKoo Kanga Roo:

Go Noodle <https://www.youtube.com/watch?v=fpD9kRyBn8o>

Old Town Road:

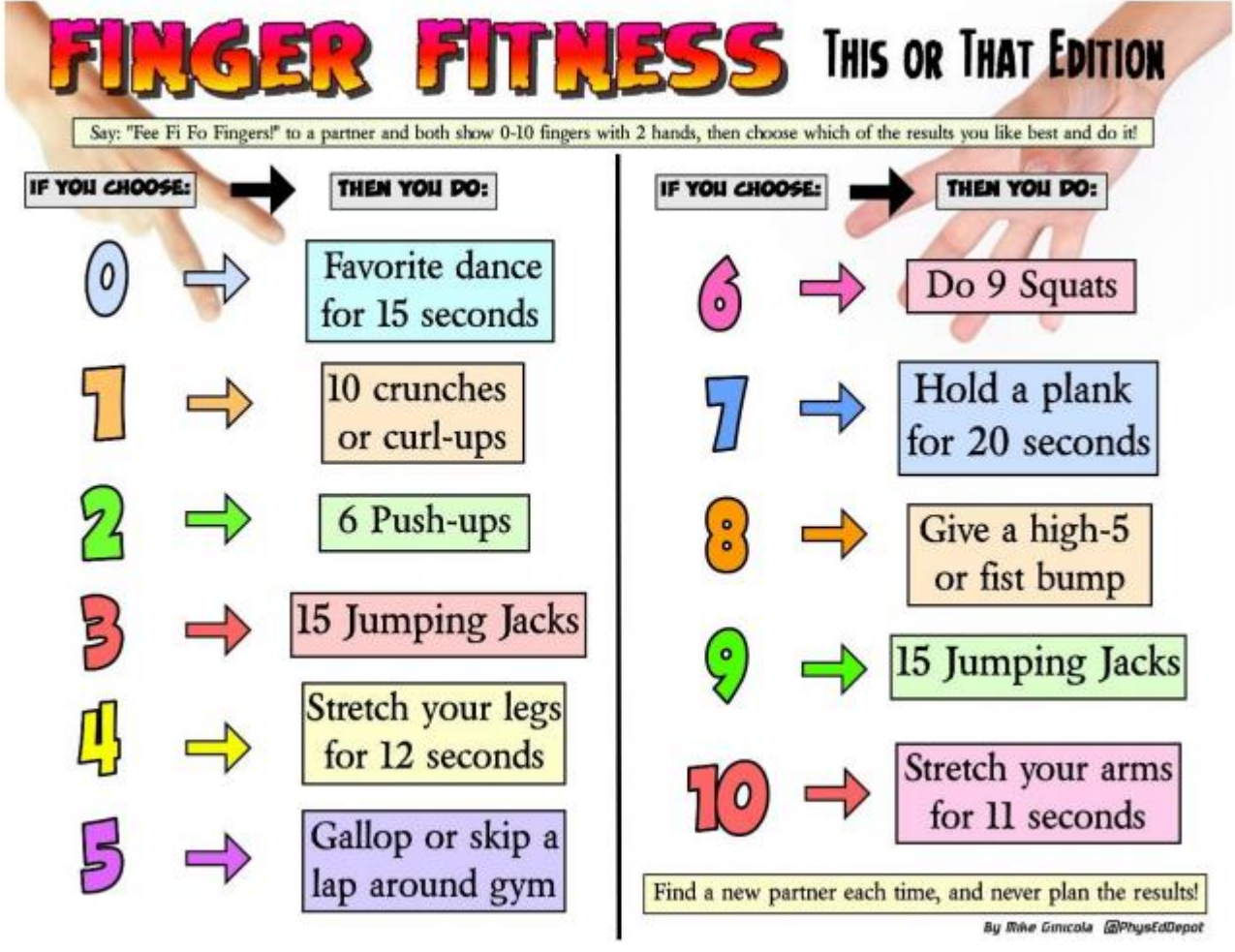
Just Dance [https://www.youtube.com/watch?v=dnOL4V5\\_qaM](https://www.youtube.com/watch?v=dnOL4V5_qaM)

Happy:

Just Dance [https://www.youtube.com/watch?v=G74\\_o\\_43\\_RQ](https://www.youtube.com/watch?v=G74_o_43_RQ)

### Wednesday: Finger Fitness and Walking

Complete the following activity as a warm-up and then go for a 20-minute walk. Make sure you remember to ask for permission should you leave your yard.



**FINGER FITNESS THIS OR THAT EDITION**

Say: "Fee Fi Fo Fingers!" to a partner and both show 0-10 fingers with 2 hands, then choose which of the results you like best and do it!

IF YOU CHOOSE:	THEN YOU DO:
0	Favorite dance for 15 seconds
1	10 crunches or curl-ups
2	6 Push-ups
3	15 Jumping Jacks
4	Stretch your legs for 12 seconds
5	Gallop or skip a lap around gym
6	Do 9 Squats
7	Hold a plank for 20 seconds
8	Give a high-5 or fist bump
9	15 Jumping Jacks
10	Stretch your arms for 11 seconds

Find a new partner each time, and never plan the results!

By Mike Gincola @PhysEdDepot

### Thursday: Star Wars Day

Today you will have the opportunity to be a Jedi, a Sith or both. All you need is a light sabre. Be creative and make your own but a broom stick will work in a pinch.

Activity Links:

Jedi Workout : [https://www.youtube.com/watch?v=Q9pB8l\\_vqCw](https://www.youtube.com/watch?v=Q9pB8l_vqCw)

Sith Workout: <https://www.youtube.com/watch?v=2eI9BoQLTfo>

## Water Bottle Trap

**Get Ready:** 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

**Get Set:** Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

### GO!

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
  - 1 point = basket falls and traps ball only
  - 2 points = basket falls and traps water bottle only
  - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



**OPEN**

Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)



Activity Link:

<https://www.youtube.com/watch?v=CC6oSU891Ns>