



# 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: Jump Rope

We didn't get to skipping while at school. Have fun with this one and try some different moves! If you do not have a rope try another activity from a previous week or go to April 3<sup>rd</sup> "Try this game" post.

This is a great resource for lots of different moves for all levels.

<https://buyjumpropes.net/resources/how-to-jump-rope/>

#### Tuesday: Kicking Games

Any ball will do! Try kicking or passing for 30 minutes and see how much your kick improves! The goal is to make contact on the laces of your shoes or with the inside of your foot.

→ How to kick a ball-Tips for kids with Coach David:

<https://www.youtube.com/watch?v=pNSns03bbk0>

→ 17 kicking games for kids:

<https://kidactivities.net/17-kicking-games-and-activities-for-kids/>

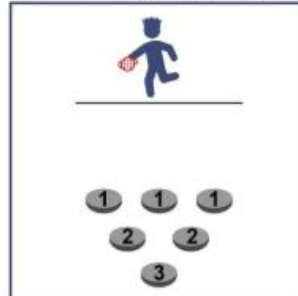
## Wednesday: Bowl Ball

### BOWL BALL

**Get Ready:** 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

**Get Set:** Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!



#### GO!

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.
- After 1-minute, calculate your tally and 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)



## Thursday: The Batman Workout

Feel free to dress up should you have a costume of your own.

#### Video Link:

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

## Friday: Hide and Seek

Who does not love an old fashion game of hide and seek? Do it in the house or go outside in the yard and see how many hiding places you can find.