



# Centreville Community School



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## K-2 HOME LEARNING PLAN

Grade:	K-2 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: Alphabet Fitness

Using various body positions draw letters of the alphabet with your hands and feet. ie: while doing a 1-foot balance draw an A with your other foot. While in a pushup position, use 1 finger and draw a B. The activity below has a few examples but feel free to make up your own.

#### Activity Link:

[https://www.youtube.com/watch?v=H4e\\_z42a8gA](https://www.youtube.com/watch?v=H4e_z42a8gA)

## Tuesday: Indoor Scavenger Hunt

Let's get moving today! Who doesn't love a scavenger hunt? Feel free to add or change the list as you see fit.

### 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!

## Wednesday: Waddle Races

Use two baskets and transport a sock ball between your knees from one basket to the other. Score waddle laps by placing a sock ball between your knees and dropping it into the basket across using no hands! How many waddle laps can you score in a minute?

SCORE LAPS BY PLACING THE SOCKBALL  
BETWEEN YOUR KNEES AND DROPPING IT INTO THE BASKET  
ACROSS FROM YOU  
WITHOUT USING YOUR HANDS.

IF YOU DROP THE SOCKBALL WHILE WADDLING, PICK IT UP AND CONTINUE.

HOW MANY WADDLE LAPS CAN YOU SCORE IN 1 MINUTE?

### Activity Link:

<https://www.youtube.com/watch?v=VX2hb5Y6oGw&feature=youtu.be>

### Thursday: Balloon Spoon Relay

Use a BALLOON AND A SPOON. Find a starting point and make a route around your house. Use a spoon to keep your balloon in the air while following your route. Find a partner and have a race. Who will make it around the house first?



#### Activity Link:

<https://twitter.com/justybubPE/status/1246140579689508864?s=20>

### Friday: Bad Bugs

This is a throwing game using socks and targets from around the house. Set your distance and stand behind a line. Multiple players are allowed. Choose whether you are going to throw underhand or overhand. Set up different targets and the degree of difficulty will determine whether targets have a value from 1-3. Set a time to see who gets the most points or set a score and see who gets to the target score first.



#### Activity Link:

<https://twitter.com/NBPES/status/1245754372405035011?s=20>