



# 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: Hopscotch

I hope everyone had a wonderful weekend! If the weather is nice head outside for a game of hopscotch if not trade with an activity from another day.



Hopscotch (8 - 10 minutes)

- Leader draws a hopscotch grid with chalk on pavement or uses tape on a floor.
- Hopscotch should have 10 sections numbered 1 to 10.
- Each player has a different coloured bean bag.

- First player tosses bean bag onto square 1, then hops over square 1 to square 2 and continues hopping to square 10.
- When player gets to square 10 they turn around and hop back again.
- When they get to the square before the square with their bean bag, they pause to pick up their bean bag and continue to hop back to the start.
- Then the next player goes.
- Once everyone has gone once, first player tosses bean bag onto square 2 and hops through hopscotch again.
- Game continues until everyone has tossed their bean bag into square 10.

**Activity Link:**

[https://activeforlife.com/content/uploads/2013/11/LP\\_Hop\\_3.3\\_hoop\\_hop\\_hopscotch.pdf](https://activeforlife.com/content/uploads/2013/11/LP_Hop_3.3_hoop_hop_hopscotch.pdf)

**Tuesday: Birdie in a Cage**

Let's build something. With the help of an adult, create a paddle using a spatula, paper plate and tape. Use this paddle to underhand serve a sock ball from 6-8 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](https://www.youtube.com/watch?v=rk_8Wqp3_tE&feature=youtu.be)

**Wednesday: Dance Day**

Dancing is such a great way to increase your cardiovascular endurance. Turn on your favorite song(s) and dance like no one is watching or dance with the dancers on Just Dance.

**Activity Link:** Just Dance –

[https://www.youtube.com/watch?v=\\_8CNKdxFkDE&list=PL3fwZ1eJM9opfpiYSo1sdnoil\\_yenc3bac&index=7](https://www.youtube.com/watch?v=_8CNKdxFkDE&list=PL3fwZ1eJM9opfpiYSo1sdnoil_yenc3bac&index=7)

## Thursday: Animal and Alphabet Movements

Some of these movements will be familiar and some will be new. Give them all a go!

### KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



#### FROG JUMPS

Hop, hop, back and forth like a frog



#### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



#### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



#### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



#### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



#### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



#### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

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### Let's Make an Alphabet!



## Friday: Go Noodle Day

GoNoodle is a great resource that many teachers use and that students really enjoy. Currently, there is an At Home version that could be used at any time during the day to have students active and engaged.

### Activity Link:

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>