



Centreville Community School



Follow us on Twitter at @CentrevilleSch for additional activities.

K-2 HOME LEARNING PLAN

Grade:	K-2 Phys.ed.
TEACHER	C. Sparrow
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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!

ASDW Spring Games Challenge:

As we enter June we think about track & field, field days and fun end of school events, with this in mind the Phys Ed Team in ASD-W has put together a Spring Games Challenge. These challenges require equipment that most of us have at home or are easily adaptable and we'd like students K-12, teachers, staff and school community to take part. It is a great Physical Activity & Wellness Challenge for all.

Starting on June 1st we will be releasing a video and challenge card via our Twitter Pages (@jcrossland15 @rosscalder74) and the NBPES YouTube Channel <https://www.youtube.com/playlist?list=PL2ZiLbnHH6WF4hDrRZm8Gy8aWjMXbelp2>, the object is to take part in that activity of the day, save your score via the scoresheet attached and share a video taking part using the hashtag #ASDWSpring

Game cards and score sheet are posted along with your weekly lesson. All the information above can also be found here: <http://nbpes.ca/asd-w-nbpes-spring-games-challenge/>

On another note:

We are going to have a Virtual Field Day Week in lieu of not being able to have our annual Field Day. Each day you will have a different activity to complete. Good luck and have fun! Be sure to remember to stay physically active this summer and feel free to re-visit your favorite Weekly Learning Plans should you run out of things to do.

Monday: Clothes Relay



Activity Link:

<https://www.youtube.com/watch?v=vrMJrtfKP-U&list=PLRIuuDO-0RtBWKTba-WINKWUIYyXDMSRD>

Tuesday: Paper Plane Corn Hole



Activity Link:

<https://www.youtube.com/watch?v=HamjCOVbUR8&list=PLRIuuDO-0RtBWKTba-WINKWUIYyXDMSRD&index=3>

Wednesday: Sock-er Skee-Ball



Activity Link:

<https://www.youtube.com/watch?v=62lRhxoDGm8&list=PLRIuuDO-0RtBWKTba-W1NKWUIYyXDMSRD&index=4>

Thursday: Towel Flip Challenge



Activity Link:

https://www.youtube.com/watch?v=LpMQOXcg_c0&list=PLRIuuDO-0RtBWKTba-W1NKWUIYyXDMSRD&index=6

Friday: Backboard Bank It



Activity Link:

<https://www.youtube.com/watch?v=yX1A4bUwOJs&list=PLRIuuDO-0RtBWKTba-W1NKWUIYyXDMSRD&index=21>

Please note: There are several more **Field Day** activities posted at the following link:

<https://www.youtube.com/playlist?list=PLRIuuDO-0RtBWKTba-W1NKWUIYyXDMSRD>