



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: Yoga

Now it is Yoga time! There are a couple links below that will take you through the various movements. The first link is a session that we have done a couple times during the school year and might look familiar. The second link is brand new. Give it a go.

Activity Link:

Session #1: <https://www.youtube.com/watch?v=X655B4ISakg>

Session #2 : <https://www.youtube.com/watch?v=xlq052EKMt&t=150s>

Tuesday: Avengers Workout

The Avengers are a fictional team of superheroes. Do you have what it takes to train like a superhero? Once you try the activity below make up your own superhero workout to a song of your choice.

Activity Link: <https://www.youtube.com/watch?v=iyWyBern6q4>

10 AT HOME LEARNING & MOVEMENT ACTIVITIES

Activity Link: There is a link for this activity included with Learning Plan

Thursday: Homemade Frisbee Fling

Let's build something today. You will need a 1 chair, 1 basket, tape, 2 paper plates and 1 sock

CREATE YOUR HOMEADE FRISBEE USING 2 PAPER PLATES, A SOCK, AND TAPE.

PLACE THE BASKET ON THE CHAIR TO CREATE A THROWING TARGET.

CREATE 2 THROWING LINES THAT ARE WORTH DIFFERENT POINT VALUES.

10 FOOT LINE= 2 POINTS

15 FOOT LINE= 3 POINTS

**THROW THE FRISBEE INTO THE BASKET FROM DIFFERENT
DISTANCES TO SCORE POINTS.**

HOW MANY POINTS CAN YOU SCORE IN 1 MINUTE?

Activity Link:

https://www.youtube.com/watch?v=k8o_W0KJnak&feature=youtu.be

Friday: Favorite Character Fitness

Pick your favorite character and complete the movement. Try the activity again with different movements by picking different characters each time.



Activity Link:

<https://www.youtube.com/watch?v=hsfheb5UwdE&t=99s>