



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: Victoria Day

Tuesday: Dance Day

Young Dylan Dance Along:

Go Noodle: <https://www.youtube.com/watch?v=3WnI4UNgSaY>

Get Yo Body Movin- KooKoo Kanga Roo:

Go Noodle <https://www.youtube.com/watch?v=fpD9kRyBn8o>

Old Town Road:

Just Dance https://www.youtube.com/watch?v=dnOL4V5_qaM

Happy:

Just Dance https://www.youtube.com/watch?v=G74_o_43_RQ

Wednesday: Indoor Workout

You may choose to break this up into a couple different sessions throughout the day. The workout is about 20-minutes.

Activity Link:

<https://www.youtube.com/watch?v=VMj2ZgQqsNA>

Thursday: Zip Lock Bag Challenge



Activity link:

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

Friday: Water Bottle Trap


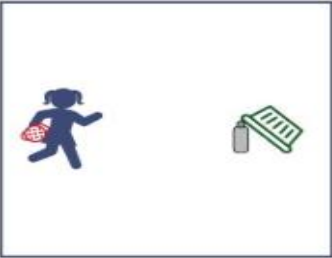
Water Bottle Trap

Get Ready: 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

Get Set: Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

GO!

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
 - 1 point = basket falls and traps ball only
 - 2 points = basket falls and traps water bottle only
 - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



OPEN
Find more resources at www.OPENPhysEd.org/nationalfieldday

Activity Link:

<https://www.youtube.com/watch?v=CC6oSJ891Ns>