



Centreville Community School



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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!

Don't forget to check out the CCS Wellness Challenge. Let's "check" ourselves being active! See website for more details.

Monday: Lap Run or Walk

Make a loop of any size using any materials that you can find. Run or walk and keep track of how many laps that you can do. Another variation would be to track of how many laps you complete in a certain amount of time and then trying to beat your high score.

Tuesday: Bike Ride or Hike

Go outside and enjoy a bike ride or a walk around the neighborhood. Maybe go for a hike. Do you know of any good trails or maybe someone in your family does? Two of my favorites are:

- Meduxnekeag Valley Nature Preserve Walking Trails
200 Red Bridge Rd, Red Bridge, NB E&M 5K9
- Hays Falls via Maliseet Trail
958 Route 165, Woodstock, NB E7N 2V2

Wednesday: Fan Favorite

This activity should be a lot of fun! Can you beat my score of 5? You will need a book, a plastic bag and 2 paper balls.

**HOW MANY TIMES CAN YOU FAN YOUR BAG
BACK AND FORTH BETWEEN THE
PAPER BALLS
USING THE BOOK IN 1 MINUTE?**

YOUR PAPER BALLS SHOULD BE 10 FEET APART.

Activity Link:

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

Thursday: Balance Challenge

Test your balance with this week's balance challenge. The instructions are below.

Balance Challenges

- 1 - BALL BALANCE (USE ANYTHING THAT WILL STAY ON YOUR FOOT)
- 2 - THROWING AND CATCHING ON 1 FOOT
- 3 - PICK IT UP
(USE FOIL BALL, ROLLED UP SOCKS, STUFFED ANIMAL ETC.)
- 4 - PAPER BAG OR BOX PICK UP WITH YOUR HAND
- 5 - PAPER BAG OR BOX PICK UP WITH YOUR MOUTH
- 6 - JUMP SNAKE (USE ROPE)
- 7 - WATERSKIING ON PILLOWS (USE ROPE AND PILLOWS)
- 8 - BALLOON BALANCE BATTLE
(USE BALLOONS AND BALANCE BEAM)

Friday: Make it Fly Friday!

Let's see how far you can make your paper airplane fly! Challenge your family and see who come out on top!

Activity Links:

Small but Mighty

<https://www.youtube.com/watch?v=v29M7Oa1I-A>

The Fastest

<https://www.youtube.com/watch?v=7kKlrbQqeUY>

The Simple Paper Rocket

<https://www.youtube.com/watch?v=M0nrX9lanU>

