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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!

Monday: Jump Rope

We didn't get to skipping while at school. Have fun with this one and try some different moves! If you do not have a rope try another activity from a previous week or go to April 3rd "Try this game" post.

This is a great resource for lots of different moves for all levels. https://buyjumpropes.net/resources/how-to-jump-rope/

Tuesday: Kicking Games

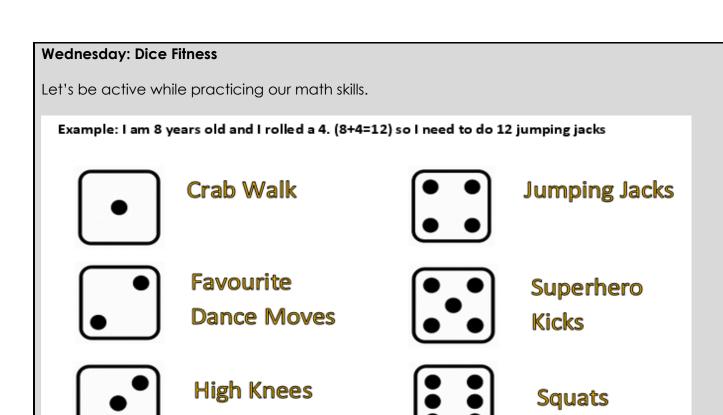
Any ball will do! Try kicking or passing for 30 minutes and see how much your kick improves! The goal is to make contact on the laces of your shoes or with the inside of your foot.

→ How to kick a ball-Tips for kids with Coach David:

https://www.youtube.com/watch?v=pNSns03bbk0

→ 17 kicking games for kids:

https://kidactivities.net/17-kicking-games-and-activities-for-kids/



Thursday: What's Your Name?



Friday: Hide and Seek

Who does not love an old fashion game of hide and seek? Do it in the house or go outside in the yard and see how many hiding places you can find.