



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 |
| Chris Sparrow | Principal : Christopher.Sparrow@nbed.nb.ca |
| Kori Springer | Resource: Kori.Springer@nbed.nb.ca |
| David Mahar | Guidance: David.Mahar@nbed.nb.ca |
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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/>

Wednesday: Dice Fitness

Let's be active while practicing our math skills.

Example: I am 8 years old and I rolled a 4. ($8+4=12$) so I need to do 12 jumping jacks



Crab Walk



Jumping Jacks



Favourite
Dance Moves



Superhero
Kicks



High Knees



Squats

Thursday: What's Your Name?

What's Your Name?

Spell out your full name and complete the activity listed for each letter. For an extra challenge use a friend's name or a family member's name.

- | | |
|---|--|
| A Jump up & down 10 times | N Pick up a ball without using your hands |
| B Spin around in a circle 5 times | O Walk backwards 50 steps and skip back |
| C Hop on one foot 5 times | P Walk sideways 20 steps and hop back |
| D Run to the nearest door and run back | Q Crawl like a crab for a count of 10 |
| E Walk like a bear for a count of 5 | R Do a silly dance for a count of 15 |
| F Do 3 cartwheels | S Bend down and touch your toes 20 times |
| G Do 10 jumping jacks | T Pretend to pedal a bike with your hands for a count of 17 |
| H Hop like a frog 8 times | U Roll a ball using only your head |
| I Balance on your left foot for a count of 10 | V Flap your arms like a bird 25 times |
| J Balance on your right foot for a count of 10 | W Pretend to ride a horse for a count of 15 |
| K March like a toy soldier for a count of 12 | X Try and touch the clouds for a count of 15 |
| L Pretend to jump rope for a count of 20 | Y Walk on your knees for a count of 10 |
| M Do 3 somersaults | Z Do 10 push-ups |

mastermindToys

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.