

Moving with Purpose May 2020

<p>4 Make It Up Monday Make up a game where you must practice your kicking skills.</p>	<p>5 Toning Tuesday Cinco de Mayo 5 burpees, 5 push-ups, 5 jumping jacks, 5 lunges & 5 exercises of your own.</p>	<p>6 Wheelie Wednesday Review road safety and then skateboard, bike or roller blade.</p>	<p>7 Tossing Thursday Toss a ball or pair of socks at the wall. Can you think of 7 different ways to catch it? E.g. 2 hands, clap then catch, etc.</p>	<p>8 Family Fun Friday Make up a dance. Who has the best dance moves?</p>
<p>11 Make It Up Monday Make up a game where you move like different animals? E.g. Gorilla, Fish, etc.</p>	<p>12 Try-it Tuesday Find 5 things to go over, under, around and through.</p>	<p>13 Wobbly Wednesday Practice your balance by walking forwards and backwards on a line.</p>	<p>14 Target Thursday Set up some toilet paper rolls or items to act as pins. Practice your bowling skills.</p>	<p>15 Family Fun Friday Who in your family can hold a plank for the longest? Side plank?</p>
<p>18 Victoria Day Make up a game where you must protect a Queen or save a Princess!</p>	<p>19 Toning Tuesday 10 burpees, 10 high knees, 10 squats, 10 crunches and 10 exercises of your own.</p>	<p>20 Wheelie Wednesday Review road safety and then skateboard, bike or roller blade.</p>	<p>21 Tossing Thursday Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row?</p>	<p>22 Family Fun Friday Who in your family can do the most push-ups? Crunches? Squats?</p>
<p>25 Make It Up Monday Make up a dance. Can you include 4 different body parts? High and low movements?</p>	<p>26 Try-it Tuesday Create your own obstacle course. Can you include a jumping, throwing and balance activity?</p>	<p>27 Wobbly Wednesday Practice your balance. Try balancing on your knees, one foot, or your belly. How long can you balance?</p>	<p>28 Target Thursday Set up some targets (e.g. toilet paper rolls or water bottles). Practice kicking a ball or pair of socks to knock them down.</p>	<p>29 Family Fun Friday Who can jump the farthest? Highest? Who can hop the fastest?</p>

Links to Online Physical Education Activities

Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Moovlee - Mindfulness and Movement

https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg/featured

Kids HIIT Workout <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

Dance Along video to “Memories” with Kidz Bop

<https://www.youtube.com/watch?v=gFEuf3Bvj0c&list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0&index=4>