




Learning Opportunities - Grade 6-8 - April 13th-16th

Do the best you can! Focus on life skills, physical activity, mental well-being, creative expression, social responsibility and social connections. Stay healthy and safe!

Topic - *The theme(s) / Big ideas for this week: be active. You are encouraged to spend about 30 minutes per day on Physical activity. Here are options for you to complete.*

Activity	Materials/resources	Instructions
	<p>Open space and music if you like</p>	<p>Here is a great warm up activity plus lower body strength exercises to try. See if you can do all 4 exercises 3 times each with a rest between each exercise. Good luck!</p>
<p><i>Sitting volleyball</i></p> <p>Sitting volleyball is a sport that is growing across Canada.</p> <p>It is played at the Paralympic Games and is also enjoyed at the community level.</p> <p>This can be played with a partner or as a team.</p>	<p>Volleyball/ ball / balloon), string or rope two chairs</p> <p>sitting volleyball video</p>	<p>Place 2 chairs across from each other and tie a rope to them to make a net that is about 1 metre from the ground.</p> <p>One player sits on each side of the net. In this game, some part of the body (from the shoulders to the bum) must be in contact with the ground when you have the ball.</p> <p>One player begins by serving and the serve rotates depending on the point awarded.</p> <p>A point is awarded when a player can't return the ball over the net or if the ball is out of bounds. A point is earned in every rally.</p> <p>Play the game until one player (or team) scores 25 points.</p> <p>You can play with a partner or your whole family.</p>

