




## Learning Opportunities - Grade 6-8 - April 20th-24th

*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!*

*Try to work on the learning opportunities for 2 hours each day.*

*Every day, students should be **reading** for 30 minutes and getting 30 minutes of **physical activity**.*

**Phys. Ed.** - *The theme(s) / Big ideas for this week is Frisbee golf. You are encouraged to spend about 30 minutes per day or 2 hours a week on physical education. Here are options for you to complete.*

Activity	Materials/resources	Instructions
<p>Here is a great warm up activity. You decide whether you want to try level 1, 2 or 3.</p>  <p><b>WORKOUT BY DAREBEE</b> © darebee.com</p> <p>Level I 3 sets Level II 5 sets Level III 7 sets 2 minutes rest</p> <p>20 jumping jacks      20 shoulder taps      20 leg extensions</p> <p>10 flutter kicks      10 bridges      10 sitting twists</p>	<p>I would suggest using some of your favorite music for this activity.</p>	<p>All you need is some open space and possibly a mat or something soft to lay on.</p>

Main activity is frisbee golf. Watch this video to get more instructions on how to play.

[https://www.youtube.com/watch?v=IAAnJEZRG\\_Jk](https://www.youtube.com/watch?v=IAAnJEZRG_Jk)



You will need a frisbee or some other object that you can throw and either your front or back yard. This game is best to play with at least one other person. Make sure it's someone you live with, remember social distancing.

Since you don't have a real target you will have to pick something like a tree or some other targets in your yard. You can make your game as many holes long as you want and decide what the par is for each hole. I suggest par 2 or 3. Remember that low score wins.