

Hello Raiders! Hope you are all doing well and we can get back into the gym to have some fun and get active again. But, in the meantime, I have some fun Fitness activities for you to try out. Check my teacher page every Monday for new activities you can try out. Remember I would love to hear what fun activities you are doing while at home. So take a picture or video of you being physically active and I will post it on my page. I have included my email address at the bottom of the page. Take care and be active for 60mins every day. I promise it will make you feel much better!!

Raider's BINGO

Mark with an "X" the different activities you complete over the course of the week. How many different variations of BINGO can you get?

B	I	N	G	O
Go on a family walk.	Help make Lunch/Supper.	Drink Eight glass of water in a day.	Put on some music and dance for five minutes.	Make your bed every day.
Do the "Clap it Out Syllables dance!" See the link below.	Practice tying your shoes for 5 minutes. Watch the video below.	Try out some of the hand clapping games in the link below.	Do 10 minutes of Yoga. (Link at bottom)	10 Jumping Jacks 10 Mountain Climbers 10 Burpees
Play Outside for 30 minutes.	Have a Family Board game day/night.	FREE	Do the "Pop See Koo" dance. Visit the link below.	Call a friend or family member to check in.
Jump Rope How long can you go without stopping?	In your driveway, practice your locomotor movements. Skip, gallop, slide, walk and run.	Make yourself or your family a healthy snack.	Have a plank contest with somebody.	Stand and read for 10 minutes.
Walk up and down your stairs for 5 minutes.	Win 10 games of Rock, Paper, Scissors.	Send a picture (Through email or Facebook) to Mrs. Dickson of you participating in physical activity.	Have a crab walk race with a family member.	Get 60 minutes of Physical Activity in a day. (Can be broken up throughout the day)

YOGA Videos (Choose 1)

<https://www.youtube.com/user/CosmicKidsYoga>

Go Noodle Site

POP SEE KOO Dance <https://app.gonoodle.com/activities/pop-see-ko?s=Search&t=Pop%20see%20koo>

Clap it Out - Syllables

<https://app.gonoodle.com/activities/clap-it-out?s=Search&t=clap%20it%20out%20syllables>

How to Tie Your Shoes (3 Ways shown) <https://www.youtube.com/watch?v=py99ND-qs1E>

Mrs. Dickson's Email address – Carla.dickson@nbed.nb.ca