

PE at Home Week 4

Hey Raiders!

Great job to everyone who worked hard last week! Please submit photos and videos to me anytime you like at Carla.dickson@nbed.nb.ca It is looking like a cool week ahead so dress warm and let's get outside and get some fresh air! We should all be aiming for 30 minutes of physical activity every day. These minutes can be spread out throughout the day. Go for a walk, a bike drive or play some road hockey or basketball in your driveway or come up with your own ways of being active!

Here are some extra activities to try this week:

Monday - Connor McDavids 15 minute workout

<https://twitter.com/i/status/1247203043206221825>

Tuesday - Jim's Self Passing Challenge

<https://www.youtube.com/watch?v=WSMdOhcgF94>

- **Wednesday** - **Throwing and Catching:** If you have space in your yard and it's safe to go outside, try to practice throwing and catching with a family member with a ball or a frisbee
 - K-1: [Underhand Throwing \(ball\)](#)
 - 2-5: [Overhand Throwing \(ball\)](#)
 - [How to throw a Frisbee](#)

Thursday - Play a game of "PE Students Strike Back"

<https://www.youtube.com/watch?v=ZPtRkauTRtw>

Friday - Go outside and make a hopscotch on your driveway or you could make a King's Square Court or 4Square Court and practice those throwing and catching skills you worked on earlier this week. <https://www.youtube.com/watch?v=iedh8UONBRw>

Go Raiders Go! Eat Healthy, Stay Active and Stay Safe!

