

# Nelson Rural Raiders Challenge!

## Week 3 April 20th -24<sup>th</sup>

Hello there RAIDERS! Glad to see everyone is healthy and staying active. This week I am going to ask you to work on your catching. There are some videos to watch and you should practice them for a few days like those that we do at school so you can become an expert. Remember not to give up when learning new skills as it takes practice to become good at it. Try to get your parents out of the house because they need exercise too and anyone else in your house. Remember the most important thing is to go outside and have fun and the best way to do that is being active.

To start our week follow the directions below. Will you be the one to try my CHALLENGE?

- 1) Listen to this song for inspiration on going outside!

### Sesame Street: Outdoors with Jason Mraz

<https://www.youtube.com/watch?v=ZrqF7yD10Bo&feature=share&fbclid=IwAR1Dn2rERnttfF2L9jx2t6JQCEWDurxhsq1IbZR-9X9dZlJPH5rbXFgo2ms>

- 2) Round up balloons, socks or balls of any size you have and then watch this video. Try out these activities and remember that if at first they seem hard keep practicing.

#### Activity #1 Catching

Watch this video and then try to do it! If you want to record your best results you can print off this sheet or make one of your own. I WOULD LOVE TO SEE YOUR BEST EFFORT!

Send it to me at my email address [Carla.dickson@nbed.nb.ca](mailto:Carla.dickson@nbed.nb.ca) (Photo or videos) **If the video will not work for you try to locate it under the video tab on the side of my teacher page. It is there I PROMISE!**

#### GRADE 1 GAMES UNIT PREPARATION

##### CATCHING CHECKLIST

Please circle the item that you used to throw with:



Other

After completing the catches, please fill in below. Use the checklist to guide you. Have as many turns as you like and record your best attempt

Single person	Single person	Single person	Two people/wall	Two people/wall
How many catches in a row with two hands throwing ball straight up in the air	How many catches in a row throwing from one hand to the other throwing the ball straight in the air	How many catches in a row juggling two balls/socks	How many catches in a row from a partner or rebounding off the wall with two hands	How many catches in a row from a partner or rebounding off the wall with one hand



Catching Video (1).mp4

and here is you sheet to record your best effort on.

## Activity # 2 Bowling (Inside or Out)

Gather up some recycled plastic bottles (Gatorade bottles/water bottles) whatever kind you have at your house 6-10 should do. Make sure you stand back pretty far to make it challenging. Keep track of your score or just keep setting them up. If it gets too easy for you stand back farther or use a smaller ball. So Grab the ball and start BOWLING!



## Activity #3 Family Time

Go for a walk with your family and try to find all the following items:

A house with a yellow door  
A squirrel  
A fire hydrant  
A hockey net  
A red car  
A "for sale" sign  
A mailbox  
A house/building with a flag  
A maple tree  
A flat rock

REMEMBER TO STAY HOME AS MUCH AS YOU CAN!

WASH YOUR HANDS OFTEN!

MAKE SOMEONE LAUGH IT'S GOOD FOR YOU AND FOR THEM!

STICK TO A ROUTINE ESPECIALLY FOR SLEEPING!

Love you all and miss you lots. Always thinking of you! We will get through this

**TOGETHER!**