

Nelson Rural Phys.Ed Lessons

Week of June 8th – 12th

#1 Golf Activity (No Clubs Necessary!)

Attached is a series of golf themed games that you can do at home and you don't even need clubs. These activities will help you with your throwing and help you understand the basic rules to how golf is played.

[See attachment on my teacher page for how to play!](#)

#2 Bottle Chaos!

Hey boys and girls. I found a neat challenge on the web that takes no time at all and all you need is a water bottle. Here is how it works:

- Fill a water bottle up halfway
- Time yourself for one minute
- Complete 3 jumping jacks and flip the bottle two times for every 3 jumping jacks
- Each successful flip equals one point.

How many points can you get in one minute??? Send a video or picture and send it to me showing our learning community how you have been staying active!

An example of this challenge is:

<https://www.youtube.com/watch?v=AZd8oJv6LIM&feature=youtu.be>

#3 Game of 2 Square! (Only need two people and a ball)

<https://www.youtube.com/watch>

This is a variation of four square, which only requires two people and is a great way to practice your striking skills and defending an object from an opponent's serve. Be sure to send me pictures or videos when you try it out!

Let's Go Raider's – Get Outside and Be Active all Summer Long!