

Week 5 May 4th to May 8th

Hello Raiders! Glad to see you all doing well and getting outside more now that the weather is getting nicer! Remember to exercise 60 mins/day to stay healthy, drink lots of water and eat healthy food too. You got this!

Here are a few games or activities for you to try out this week. If you liked other ones from previous weeks, re-play them again too. Remember being active is the goal!

Activity #1 – Hampered In – All you need for this is two people, some socks or small balls and a laundry hamper. This activity will help improve your throwing and catching skills and will definitely make you laugh a little too.

https://safeshare.tv/x/LwaUyPdw_To

Activity #2 – Warm Up on Go Noodle – You are What You Eat!

This can be done inside or out! You do not need a lot of room. I think you will really enjoy it.

<https://app.gonoodle.com/activities/you-are-what-you-eat>

Charades Time – In the link below, there are many types of charade games you can choose from. You pick the one that best suits your family and have a ton of fun playing it.

<https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf>

Activity #3 - Aerobic Bowling You will need three people or more, but it could be played with one if that is all you have. You also need a ball and something to represent a bowling pin. This one looks really fun too!

<https://safeshare.tv/my/safeviews/ilPm0YHEBIU/play>

Activity #4 – Moving With a Purpose Calendar for May

This might be an easier way for you stay active during the Month of May. You can do any of these activities in any order you like. Just cross off the ones you do and if you really like them do them twice. I will also put the calendar in the documents section on my teacher page if you just want to print it.

GET MOVING – STAY HOME STAY SAFE STAY ACTIVE!

Physical Education: Moving with Purpose

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Family Fun Friday Make up a dance. Who has the best dance moves?	2 Softball Saturday Act like a pitcher. Practice your underhand throw using a ball or pair of socks.
3 Sunday Special Go for a walk with your family and try to discover something new.	4 Make It Up Monday Make up a game where you must practice your kicking skills.	5 Toning Tuesday Cinco de Mayo 5 burpees, 5 push-ups, 5 jumping jacks, 5 lunges & 5 exercises of your own.	6 Wheelie Wednesday Review road safety and then skateboard, bike or roller blade. 	7 Tossing Thursday Toss a ball or pair of socks at the wall. Can you think of 7 different ways to catch it? E.g. 2 hands, clap then catch, etc.	8 Family Fun Friday Who in your family can hold a plank for the longest? Side plank?	9 Skipping Saturday Go outside and practice your skipping or hopscotch. 
10 Mother's Day Do something nice for a special lady in your life. Clean up your space.	11 Make It Up Monday Make up a game where you move like different animals? E.g. Gorilla, Fish, etc.	12 Try-it Tuesday Find 5 things to go over, under, around and through. 	13 Wobbly Wednesday Practice your balance by walking forwards and backwards on a line.	14 Target Thursday Set up some toilet paper rolls or items to act as pins. Practice your bowling skills. 	15 Family Fun Friday Who in your family can do the most push-ups? Crunches? Squats?	16 Softball Saturday Get 4 items to act as bases & spread them out. Practice running around the bases. How long does it take you?
17 Sunday Special Spend time with your family playing a game like charades, twister or hide and seek.	18 Victoria Day Make up a game where you must protect a Queen or save a Princess!	19 Toning Tuesday 10 burpees, 10 high knees, 10 squats, 10 crunches and 10 exercises of your own.	20 Wheelie Wednesday Review road safety and then skateboard, bike or roller blade.	21 Tossing Thursday Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row?	22 Family Fun Friday Who can jump the farthest? Highest? Who can hop the fastest?	23 Skipping Saturday Set a timer, how long can you skip for? Try again. Can you beat your record?
24 Sunday Special Go for a walk with your family. Who are 3 special people in your life? Write them a note or draw them a picture.	25 Make It Up Monday Make up a dance. Can you include 4 different body parts? High and low movements?	26 Try-it Tuesday Create your own obstacle course. Can you include a jumping, throwing and balance activity?	27 Wobbly Wednesday Practice your balance. Try balancing on your knees, one foot, or your belly. How long can you balance?	28 Target Thursday Set up some targets (e.g. toilet paper rolls or water bottles). Practice kicking a ball or pair of socks to knock them down.	29 Family Fun Friday Who in your family can juggle? Who has the coolest trick?	30 Softball Saturday Play a game of softball. Use a pair of socks as a ball, your hand as a bat and items around your home for bases.