

Week 6 May 11th to May 15th

Hello Raiders! I want to give you all a High Five for trying so hard at staying active. 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 – Happy Dance by Mr.Diggs – All you need for this is some sort of technology so you can watch the video and follow along. If you don't have technology just dance to your favourite songs.

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

Activity #2 – Modified Lawn Bowling – All you need for this is small ball for the jack and then every player needs a ball that they use to see who can get their ball closest to the jack. It is easy and fun!

<https://safeshare.tv/x/dLwgQClyVsl#>

Activity #3 – Disc Golf – All you need for this is on Frisbee and a few people to play with or **you can play by yourself too**. If you are having, trouble throwing a Frisbee watch the how to video before playing.

<https://twitter.com/CSSPhysEd/status/1250153689207144449?s=20>


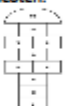


How to throw a Frisbee video:

<https://www.youtube.com/watch?v=qlaoba47qTg>

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.