Let’s kick off Week 5 of PE at Home with a big thank you to you, the parents & guardians, who are supporting your child’s physical activity while at home. When you participate with your child, you are demonstrating how important it is to be physically active in all stages of life! *Last week, I received photos from Bryn working on her golf swing at the driving range, and also Caleb and his sister Eden getting active with the Star Wars workout.* I love seeing how your children are staying active & healthy and the creative ways they are having fun; I wonder how many robins or chickadees were spotted on a family walk last week? Pictures or drawings can be sent to me at [michelle.brenton@nbed.nb.ca](mailto:michelle.brenton@nbed.nb.ca). Over the past few weeks, I’ve had the opportunity to call Mme. Mitchell’s, Mrs. Barrett’s and Mrs. Kingston’s families, and I am thrilled to hear that so many students are playing outside, making obstacle courses, taking family hikes/walks and learning to ride their bikes!! So many fun things to do for our body and mind! Makes me smile! 😊

Once again, none of the newsletter activities are mandatory – I’m happy to provide you with some ideas that can help with the recommended 30-minutes of daily physical activity. Stay well!

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| **Move It Monday** | **Making Shapes**: Activity 1- Have your child write out all the letters of the alphabet on separate pieces of paper and lay them face down around the room in a large open space. Designate a starting spot and put a timer on for 2 or 3 minutes. Once the timer starts, have your child gallop over to get a piece of paper. Once they turn over the piece of paper, they need to use their body to create the shape of that letter. They can then pick up the letter and bring it back to the start spot. Continue until all letters have been collected or they run out of time.  Activity 2- Have your child practice creating different numbers using their body. Call out different numbers or have them follow along with this song: <https://www.youtube.com/watch?v=1V5lTrBa0ZY&t=7s> |
| **Try It Tuesday** | Try your best with the **Wrecking Ball Game** on Mrs. Brenton’s YouTube channel <https://youtu.be/PHvzVBrF5RE> The instructions and materials needed are explained. |
| **Wellness Wednesday** | **Pillow Walk** – Set up a line of couch and/or bed pillows on your floor, and have your child walk (not run) from one end to the other. It may sound easy but their balance will be challenged. To make the activity a little more difficult, add some objects for them to step over. They could also try it with different arm positions – arms straight above their head, hands on hips, hands on head. |
| **This OR That Thursday** | Complete a **Fitness Calendar Activity** (see link below) **OR** do a **Heart Beat Circuit** by completing these 5 exercises for 20 seconds each and do your best to find your heart beat (chest, neck, wrist or just above the elbow)  Jumping jacks, high knees, push ups, hop on 1 foot, squats |
| **Fitness Fun Friday** | **Speed of Light** – listening and reaction time; 1 partner; wall with 4-10 different coloured papers on it (construction paper or white paper and colour on each paper with one colour of your choice).  Round 1: Partner calls out a colour, player touches it. Repeat a few times or take turns.    Round 2: Player chooses an exercise to perform (jogging, hopping, squats, etc) and partner calls out a colour for the player to touch.  Round 3: Player continues with the exercise, but partner calls out a sequence of 2, 3 or 4 colours. Players listens and touches the colours in order.  Round 4: Write the colour words on a separate piece of paper, but attach it to a different colour already on the wall (for example write the word RED but attach it to a BLUE paper). The player touches the PRINTED colour word for this round. Tricky!!! Grade 1 FI students could print the colour words en Francais – rouge (red), bleu (blue), jaune (yellow), vert (green), noir (black), violet (purple), blanc (white), rose (pink)  <https://youtu.be/zkV2dWPLk7Q> or  <https://twitter.com/esquierdochris/status/1255535945920606208?s=21> |
| **On-line Anytime Activities** | **I Like to Move It** – Just Dance Kids  <https://youtu.be/ziLHZeKbMUo>  **App:** Kids Mindfulness Meditations – guided exercises for calm, kindness, feelings, focus, & sleep; this is free until June 30  **Website of the Week:** New Brunswick Physical Education Society – a collection of games, activities and dances demonstrated & explained by NB Phys Ed teachers <https://www.youtube.com/channel/UCHffr-8FbAMCYKeYuiSfB5g> |
| **All Month Long** | Check out the ASD-S **Physical Activity calendar** which is posted at [**www.leatherbarrowphysed.weebly.com**](http://www.leatherbarrowphysed.weebly.com) |