Here’s **Week 7** of PE at Home. Shout out pictures were sent to me with *Bryn who is challenging herself with climbing, as well as Eliza and her sister who hiked to go fiddlehead picking! How fun!* You can check out their pictures and others on the DATL PE Website. [www.leatherbarrowphysed.com](http://www.leatherbarrowphysed.com). Pictures or drawings can be emailed to me at [michelle.brenton@nbed.nb.ca](mailto:michelle.brenton@nbed.nb.ca). Please state if they may be published or not. ☺

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

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| **My Virtual Classroom** | Come visit me and click on a variety of objects to learn a new activity or practice one we’ve done before; there’s even a song and a story.  <https://docs.google.com/presentation/d/1C9gw_zs3VbWOHY-SZPgSWC30bSv3nES_NEdg5eJXrQo/edit?usp=sharing> |
| **Move It Monday** | Let’s play a game of **Feet Crane** – you will need 5 various items (i.e. ball, stuffie, cap, boot, baseball or hockey glove, small pillow) and a basket or box. Sitting on your bottom, pick up 1 item with your feet and lift it without dropping it, and swing your body around to the other side and drop it into the basket. Bring your feet back around and grab the other item and place it into the basket. Can you get all 5 items into the basket without dropping anything or letting your feet touch the floor? Need a visual? I’ll show you how I played here  <https://youtu.be/dlAg3Gtd72Y> |
| **Try It Tuesday** | **Homemade Tennis Game** – two players, 1 balloon, 1 tea towel. Players face each other and hold the tea towel with the same hand (either the right or left for both players. Your empty hand will be your striking hand. Try to work together to strike the balloon back and forth over the tea towel 10 times in a row. You can try with your non-dominant hand, also. Video link –  <https://twitter.com/staugustinepe/status/1248529481507143680?s=21> |
| **Wellness Wednesday** | Try **Box Breathing** - this is something you can use to calm you down, or to help you get to sleep. A good night's sleep is an important part of being healthy! Get comfortable and try breathing in for a count of four, hold for a count of four, breathe out for a count of four, and hold for a count of four. Try this breathing technique 10 times and see how you feel. |
| **This OR That Thursday** | Explore texture by making your own nature stamper! Make your own playdoh. Measure and stir together 1 cup flour, 1/2 cup salt, 2 tbsp cream of tartar OR 4 tbsp lemon juice. Add 1 tbsp of cooking oil and 1/4 cup of hot water. Add a little Kool-Aid powder for colour if desired, and mix well. Take objects from nature: pinecone, stone, tree nuts, and make your own impressions.  **OR**  Grab your favourite stuffie! Try tossing and catching your stuffie while doing the action that goes with the number!  1. Touch your thumb  2. Touch your shoe  3. Touch your knee  4. Touch the floor  5. Do the Jive (twist side to side)  6. Do the splits (Jump and split legs apart)  7. Toss to Heaven (way up high)  8. Under the Gate (Lift leg and toss under)  9. Touch your spine (back)  10. Jump and squat and do it all again |
| **Fitness Fun Friday** | **The Floor is Lava Obstacle Course**  Let’s test your jumping, leaping, and balance skills this week by creating your own “The Floor is Lava Obstacle Course”. You can play inside or outside. There is only 1 rule, you cannot touch the ground! Choose safe objects to stand on when creating your course. These can be items such as pillows, furniture, rugs, towels, cushions, paper plates, rocks, sticks, etc. You determine the level of difficulty. If you want more of a challenge, use smaller objects to balance on, or place them further apart. Can you become a balance Ninja and make it safely around your course???? |
| **On-line Anytime Activities** | Remember that outdoor time is so good for our mental and physical health. I encourage you all to spend as much time outside as you can. Even the above activities can be done outside. Sometimes the weather may keep us indoors. Here’s a fun website to use our imaginations and increase our flexibility : [www.cosmickids.yoga](http://www.cosmickids.yoga) |
| **All Month Long** | Check out the ASD-S **Physical Activity calendar** which is posted at [**www.leatherbarrowphysed.weebly.com**](http://www.leatherbarrowphysed.weebly.com) |