And just like that, it’s Week 4 of PE at Home! The weather certainly has improved which makes it much easier to get outside. *Big thanks to* ***Julia*** *who sent me a picture of her practicing her underhand tossing skills with her brother and to* ***Patrick*** *who sent me a picture of himself working on his hockey shooting accuracy.* ***Kathryn*** *enjoyed the Roll-a-Pose activity, also!*  I’ve posted these pictures on my website gallery page. Pictures or drawings can be sent to me at [michelle.brenton@nbed.nb.ca](mailto:michelle.brenton@nbed.nb.ca) ; let me know if I am able to post it in the gallery on my website. I love seeing how your children are staying active & healthy and the creative ways they are having fun – maybe your child will get a “shout out” in next week’s newsletter! Once again, none of these activities are mandatory – I’m providing you with some ideas that can help with the recommended 30-minutes of daily physical activity. Choose activities that your children enjoy or are interested in trying. Have fun being active together! 😊

*Some extra choices this week for the Star Wars fan in your home*!

**May the 4th (FORCE!) be with you!!**

|  |  |
| --- | --- |
| **Move It Monday** | **Jump rope or hula hoop** in a large space – outdoors is best!  **OR** <https://youtu.be/kxzhAsO9ne0> **Star Wars Fitness** HIIT Warm up for PE Distance Learning |
| **Try It Tuesday** | Let’s try **Rampball** – You will need some open space, like a hallway or flat area outside, a small ball or two, 3 containers of various sizes, and items to make a ramp. Place the 3 containers in a line behind the ramp. Determine your starting point. Underhand roll (bowl) your ball up the ramp and try to land it in one of the containers. The container closest to the ramp is worth 1 point, the second container is 2 points and the third container is 3 points. Once you get to 10 points, move your starting place back a little bit. Here’s a 1-minute video that also explains and demonstrates. Thanks to Fredericton-based PE Teacher Joe Crossland for this game. <https://youtu.be/Cq3xD0j2__c> Don’t have a small ball? Use a pair of socks rolled up together! Or crumpled paper secured with lots of tape. **OR**  Please click in on this link <https://youtu.be/5S7pE1afEUQ> to do a **scarf dance** (use any cloth you like, piece of paper towel, or a tissue). Have fun practicing moving an object to the beat of a song! Thank you Kevin Tiller of the Phys Ed Review for this awesome "Imperial March" (aka Darth Vader Song) scarf dance. |
| **Wellness Wednesday** | **Star Wars Jedi Balances** – you will need a half pool noodle or something else long and lightweight (rolled up newspaper) or even a stuffie, to hold on to as your pretend light saber. Most students are already familiar with this activity! Thanks to Kevin Tiller at the Phys. Ed. Review for this video. <https://youtu.be/J3L5ghqHbOA> |
| **This OR That Thursday** | Get outside for a **30-minute walk** with your family. Count how many robins or chickadees you see. **OR**  Make up a game outside using play items you already have. It could be a game for yourself or you and members of your family. It could be a game of skill like bowling on your lawn or driveway to some different targets; it could be a running or jumping game. Look around and get creative! YOU get to decide!! Make up some rules and teach your game to someone else! |
| **Fitness Fun Friday** | **Flappy Bird Workout Challenge** – You can do **squats** and follow along with **Mrs. Brenton**!! It may take about a minute for the video to load. ☺  LINK: <https://spark.adobe.com/video/5yXW3gtsRVmGg> |
| **On-line Anytime Activities** | Coach Gelardi PE At Home **Toy Towel Relay** – wood or tile floor, 2 markers for the start and turn around, some small toys and a towel as.  <https://youtu.be/p8Ed3ukGorg> Thanks to Tom Gelardi for this game.  **Star Wars Silhouttes** – try to make the same shape as the characters  <https://youtu.be/oAXBHEYTTGs> Credit to Kevin Tiller @ PhysEdReview  **Website of the Week**: [www.ymcagym.c](http://www.ymcagym.c)a  **App of the Week**: Lazy Monster |
| **All Month Long** | It’s a new month! Check out the ASD-S **Physical Activity calendar** which is posted at [**www.leatherbarrowphysed.weebly.com**](http://www.leatherbarrowphysed.weebly.com)  **Gratitude Activity** – see note below |

Gratitude gathering activity for the month of May (whole month to work on this optional activity, not just one week!) is on the next page.

You may print this one, or create your own.

For each day in May, write down or draw a very small picture (in the small space provided) of something that you are thankful for. Optional: colour the space in each day after you share with someone in your house what you are grateful for. Although we can all find something each day for which to be grateful, this could be a whole family activity where each family member takes a turn each day.

If you would like to take a picture of your completed May Gratitude work and send it to me (michelle.brenton@nbed.nb.ca), I'd be happy to see it and can post it on this website for all our DATL friends to see.

Thank you to Heather at Champlain Heights School and Scattered Printables for the awesome gratitude exercise.

