Kicking off **Week 6** of PE at Home with shout outs to *Ben who made lots of letter shapes with his body and included his little brother, too,; and to Bryn who learned to ride her bike without training wheels*!! *Ellie and Lucy turned themselves into O’s!!* 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 sent to me at [michelle.brenton@nbed.nb.ca](mailto:michelle.brenton@nbed.nb.ca). Please state if they may be published or not. ☺

I was on the Hampton Trails a few times recently and got to see many current & former Leatherbarrow students walking & biking in the fresh air! Great job!!

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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| **Move It Monday** | Today would be a holiday at school. It’s a good day for a family activity. |
| **Try It Tuesday** | **Beep! Beep!** Go to this link <https://youtu.be/L7hch0wQD1w> and get ready to drive your car! Make sure you have cleared your space! No need to watch – just listen to the music!! Remember only go as fast as the music is playing! It starts out slowly then speeds up! Be patient! |
| **Wellness Wednesday** | Play **'Simon Says'** outside with a family member. In this version of the game, the family member uses the following words: over, above, in front of, inside, next to, under, below, behind, outside, and between. For example, “Simon Says run and stand beside the maple tree". "Simon Says, do a jumping jack on the driveway." Take turns being Simon. |
| **This OR That Thursday** | <https://youtu.be/j24_xH5uvdA> **Locomotor Song** – students are very familiar with this; they just need a big space or outdoors to perform the actions to the music; turn up the volume; no video to watch |
| **Fitness Fun Friday** | **Upside Down** – you will need 6 playing cards (Ace, 2, 3, 4, 5, 6) and a die for each player. Place one die at your start line, and place the six cards face up at the other end of the room. Your distance can be as long or as short as you want. Players will roll their die and then run to the other end and turn over the card the matches the number that you rolled. Players will continue running back and forth, rolling and turning the cards over until all the cards are flipped face down. If you roll a number that already flipped face down, you must turn it back over. |
| **On-line Anytime Activities** | At school, students LOVE to see stations set up in the gym. I’ve learned a lot about technology with my time at home and want to introduce to our Virtual Stations Day in our own gym! Instructions are included on Slide 1.  <http://leatherbarrowphysed.weebly.com/mrs-brentons-virtual-gym.html> |
| **All Month Long** | Check out the ASD-S **Physical Activity calendar** which is posted at [**www.leatherbarrowphysed.weebly.com**](http://www.leatherbarrowphysed.weebly.com) |