Hi James Bay!

This week we have some movement activities mixed with some balance practice. If you have any questions or need additional activities you can always email me at [kfreire@sd61.bc.ca](mailto:kfreire@sd61.bc.ca)

Have a great week!

**Monday-**

Explore <https://www.youtube.com/watch?v=aAEJ4Idqsic&list=PLbU_r9kkGHfwu3pkqMrD7EbbGmB67cF7N>

Justin Cahill has a large playlist of at home PE activities. Many of these have minimal equipment and can be done at home. Pick three activities to test out today.

**Tuesday –**

For today please choose 5 balance poses from the chart below. Find someone to time you for each pose. Try each pose 5 times and see how long you can balance in each pose. Please only pick headstands or tripods if you have done this balance pose before.

**Wednesday-**

Try out the video below. This one is going to get you out of breath so make sure that you have some water around for this one. Remember some of your apartment friendly movements from last week. This routine has some jumps and running on the spot. Remember that you can do squats in place of jumps. Instead of running on the spot you can put one foot in front of the other and bring one knee into your chest and then tap your toe down behind you (don’t forget to switch legs).

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

**Thursday-**

Lets work on our balance again. Go through this video twice.

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

**Friday-**

**Balancing Act**

Balancing is a super way to improve your endurance and core strength while having fun!

Test your ability to do these skills while you balance.

Can you:

● Walk forwards

● Walk backwards

● Change directions

● Walk on tiptoes

● Jump and land on the beam

● Balance on one foot and then the other

● Move quickly along the beam

● Spin 1⁄2 way or all the way around

● Try your favourite yoga pose on the beam

● Try these skills with your eyes shut!

Don’t have a Balance beam? No Problem!

* Use a bench
* Make one out of chalk or tape
* Use a curb or low ledge
* Use a piece of wood (a 2x4 or a 4x4)

