**Week 2- Get Outside!**

Hello Everyone! I hope you had a great first week. Please don’t hesitate to reach out if you need anything ([kfreire@sd61.bc.ca](mailto:kfreire@sd61.bc.ca)). Hope you enjoy this week’s activities. Miss you all!

**Monday-** Your task today is to collect equipment from around your house. Do you have a ball, a skipping rope, sidewalk chalk, hula hoop, hockey stick, skateboard? Take whatever you can find outside and create an obstacle course or an activity circuit. You could take your equipment to a quiet corner of your apartment parking lot or visit the field behind the school (remembering to keep your distance from others).

Some possible activities for your course:

* Hop scotch. Draw out a guide with sidewalk chalk
* Throw the ball in the air and catch it ten times. Older students see if you can spin around and catch the ball.
* Pretend the skipping rope is a balance beam and walk across it.
* Test your hula hooping skills
* Practice a targeted throw with the ball against a wall or through your hula hoop.
* Create markers for the ground and walk only on the markers. For example you could draw hearts on the sidewalk and bear crawl only having your hands and feet touch the hearts.
* Practice your jumps. You could jump side to side, front to back, jump with a half turn.

Don’t have any equipment……

Come up with a series of 5 exercises ( jumping jacks, bear crawl, cartwheel, running, plank). Do each exercise for 20 seconds and then take 20 seconds to rest. Repeat this 5 times.

**Tuesday- “** Around the Block”

Today you need to get outside on a street with a sidewalk. First you need to determine what you consider a block. Is it when the sidewalk ends and you have to cross the road? Is it when the sidewalk dips and becomes flat again? You decide. For each block you must pic a different movement.

Possible movement ideas (or pick your own):

* Side shuffle
* Grapevine
* Two foot hops
* One foot hops
* Running as fast as you can
* Taking the biggest steps possible.
* Bear crawl
* Inchworms ( bend down touch your toes, walk your hands out so you are in a plank position, finally walk your feet to meet your hands without moving your hands.)
* Hop like a frog
* Crab walk ( a great challenge for a whole block!)

See how far you can get. Maybe you do 10 blocks and then run back to your starting point. Maybe you do 4 blocks there and repeat those 4 exercises on the way back. It is your choice.

**Wednesday- Toys in the box.**

This activity can be done anywhere but since our theme is to get outside I encourage you to collect up your equipment and go outside.

You will need at least 11 toys and a laundry basket or something similar ( box, bin, basket, ect.)

To play this game you must separate the toys and the basket from each other. The farther the items are away from each other the more challenging. The object of the game is to get as many toys in the bins as you possibly can. The only thing is that to get to the bin you must put the object between your legs and hop to the bin. Once you reach the bin you cannot use your hands. You must sit down on the ground and try to use your feet to help you get the toy in the bin. You can time yourself to see how long this takes or you can compete against another family member.

**Check out this clip to see the game in action**

<https://www.youtube.com/watch?v=-8EIpxcq2fg>

**Thursday- Challenge day**

Today you are going to challenge the physical abilities of your body. Ideally this activity would be done in a field but it can also be done on the sidewalk. Pick a challenging movement such as running, two foot hop, side shuffle, skipping, or galloping to name a few. You are going to see how long your can do a particular activity for. For example, if you are on a field maybe you challenge yourself to run a full length of a field without taking a break. If you’re on a sidewalk, maybe you challenge yourself to side shuffle all the way to a stop sign. Once your accomplish your first goal take a break then challenge yourself to go even further. Maybe this time you run a length and a half of the field or you side shuffle until you pass two stop signs. You can switch up your movements to create different challenges.

**Friday – Fun day Friday**

Today I want your to have some fun with your family and get outside.

Some activities to choose from today:

* Play a game- Something simple like tag, red light green light or what time is it Mr. Wolf
* Play a sport- Maybe you have a soccer ball, basketball, baseball and bat around your house. Get outside and play a sport with your family
* Ride around- Maybe you have a bike, skateboard, skooter, or rollerblades. Get outside and go for a ride.
* Hike or nature walk- James bay is close to beautiful Dallas road and the ocean. Put on some comfy shoes and get out for a walk. You could also get out and explore Beacon hill park. If you’re up for a real adventure you could go explore a place you’ve never been. Many CRD parks and walking trails are still open. Pick one, pack some snacks and head out. My personal favorite is Horth Hill in Deep Cove. This is about a 40 min drive from James Bay but it could be a great family adventure.

**Bonus Activity:**

This is a booklet you can print off or refer to during some outside exploration time. This is a greenspace exploration journal from the Sierra Club of BC.

<https://sierraclub.bc.ca/wp-content/uploads/Sierra-Club-Greenspace-Journal-March-2020.pdf>