**Week 4**

**Monday**

**Balance Bean**

**Materials:** Bean bags or a similar object to balance (e.g., dried beans or rice in a baggie)

**Learning Outcome-** Practice different ways of balancing an object and maintaining stability.

**Description-**

Provide the child with an object that they can balance on different body parts. Ensure there is enough space to do the activity away from any safety hazards. Encourage the child to start by balancing the object while stationary and then have them balance it while moving around the space. Challenge them to try to balance it on different body parts (e.g., head, upper arm, hand, back of the neck, foot, etc.). Discuss with the child why being able to balance our bodies and be stabilized helps us to be able to perform a variety of movements while also preventing us from getting injured. Brainstorm ways that the child has developed balance and stability from the time they were babies (e.g., sitting up by themselves, walking, riding a bike, landing a jump, etc.). Balance refers to controlling your body when not moving and stability refers to controlling your body when moving. Ask the child what they think would happen if they were not able to balance themselves in a variety of daily tasks.

**Reflection Questions-** What did you do with different parts of your body to keep the object balanced? How did your ability to balance the object change from when you started the activity to when you finished it? Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

**Reduce Reuse Recycle-Rama**

After you practice your balancing skills. Give this Recycle game a try <https://www.youtube.com/watch?v=Vd6zfsXnIgg> This game could be done outside or inside it is up to you! Get creative with the equipment you have. Use boxes or kitchen pots instead of laundry baskets. This game is to practice your throwing accuracy so find a way to do that if you do not have everything you need for the game.

**Tuesday-**

**Clean Up Your Messy Room!**

**Materials:** Laundry basket or laundry bag, various clothing items (e.g., socks, shorts, t-shirts, etc.), timer, floor marker (e.g., plastic cup)

**Learning Outcome**: Develop cardiovascular endurance while demonstrating locomotor skills.

**Description:** Ensure there is enough space to do the activity away from any safety hazards. In the middle of the playing area, scatter clothing on the ground or floor with a laundry basket in the middle of the playing area and a floor marker 2 meters away. Explain to the child that they have a very messy room with clothes everywhere and they will need to move quickly to clean it up! Before starting, decide together a different scoring value for each clothing item (e.g., socks = 1, shorts = 2, t-shirts = 3). The child starts at the floor marker and when you say “go” and start the timer, the child moves to collect one clothing piece at a time and put it into the laundry basket. After each piece of clothing is dropped in the basket, the child runs back and touches the floor marker. Stop the timer when all the clothing is cleaned up and the child touches the floor marker. Support the child to count their score and then play the game again, trying to beat the previous score and time. For older children, challenge them to perform different movements to collect the clothing such as hopping or side shuffling to each article of clothing.

**Reflection:** Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

How did you decide which clothes to pick up each time?

How could you make the activity easier? Harder?

**Wednesday -**The Dice Is Right

**Materials-** Six-sided dice, small pieces of paper, marker. \* If you don’t have a dice you can cut up small pieces of paper and label them 1-6. Then when it is your turn you can draw one piece of paper and use that number.

**Learning Outcome-** Develop aerobic, balance, and core fitness skills and maintain stamina during a fitness circuit.

**Description-** Cut up a piece of paper into smaller pieces and write out different aerobic, balance, and core activities on the papers. Lay the papers on the floor or the ground and create six columns placing 3 papers in each column. Some examples of activities are:

Plank x 20 seconds, Pretend to jump rope x 10, Sprint back and forth in the playing area x 2, Wall sit x 20 seconds, Long jumps x 5, Hop back and forth over a line x 10, Wall push-ups x 10, Bridge x 20 seconds Sit down and stand up x 5, Jumping Jacks x 10, Tree pose x 5 seconds, High knees x 20

Ensure there is enough space to do the activity away from any safety hazards. The child rolls the dice and chooses an activity from the corresponding column (e.g., a 3 is rolled so choose a paper from the 3rd column). Perform the activity together and allow anyone who is playing to take a turn rolling the dice. Play for an allotted amount of time or until you have done most of the activities 2-3 times.

**Reflection:** Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

Did you experience one feeling more than others today? Why do you think that was?

Do you always experience the same feelings each day? Why or why not?

**Thursday –**

<https://peumbrella.com/wp-content/uploads/2018/09/Speed-Ladders-Activities.pdf>

Take this link and open it in a web browser. This will take you to a link with various Speed ladder activities. Do not worry if you don’t have a ladder. You could make your own ladder using rope, draw it out with sidewalk chalk, tape paper to the ground or use a piece of clothing to mark each part of the ladder. Follow the patterns set out in the link. Get ready to get your heart beating!

**Friday-**

**Dance it out!**

Here are a few links to some fun dance videos. You will need to copy the link and paste it in your web browser.

This first one is some videos from a male hip hop dancer named Mihran Kirakosianhe teaches you simple hip hop moves.

<https://www.youtube.com/watch?v=ujREEgxEP7g&list=PL0m7UHzPZEA__ntQOR9lFhIzH-C2TVL42>

Just Dance- Here are a couple of Just Dance videos for you to enjoy! If you have never done Just Dance just follow the dancers on the screen.

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

<https://www.youtube.com/watch?v=2pgR87RVD14>

<https://www.youtube.com/watch?v=0SG16_kWpe0>

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

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

<https://www.youtube.com/watch?v=qtMVAA0EfNE>