

## Week 5- Apartment friendly activities

*Hi James Bay! For this week's activities go ahead and make your own schedule. You do not need to do these activities in any particular order. Have fun and feel free to contact me if you have any questions or need any additional information.*

### Use Your Brain N' Make A Game

**Number of people:** By yourself, or with family members.

**You need:** You tell me!

**Goal:** A big part of Physical Education is being able to use your brain; this activity is about using your awesome ideas to create a game.

**Age:** 5+

**What to do:** Make up a game that I can do in my kitchen with little to no equipment. Make sure you explain:

- Number of people needed to play the game.
- Any equipment I'll need.
- The goal of the activity.
- What age the game is appropriate for.
- What modifications I can make to the game to change it up.
- What can I do after the game is over to continue learning and exploring?

Use any skills that you have learned this year like: jumping, throwing, catching, hopping, running, dancing, rolling, tagging, balancing, moving, laughing, hitting objects (pickleball, badminton), to make the game. It can be really simple, or more complicated with rules. Be safe and have fun!



### Can I Get A Fitness #3

**Number of people:** By yourself, or even better with the whole family!

**You need:** Nothing, although I like listening to upbeat music when I workout!

**Goal:** To have fun, get your body moving, and to develop strength, flexibility, and balance!

**Age:** All ages.

**How to play:** For Circuit #3, you are going to do 5 exercises that we learned in gym class. Do each exercise for 40 seconds, and then rest for 20 seconds. Go slow and make sure you are using correct form. Warm up for one minute running in place. Make sure to "Stretch It Out" when you're done! Be safe and have fun!

1. Burpees- Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of you, and just inside your feet. Shift your

weight onto your hands. Jump your back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back so that they land just outside of your hands. Reach your arms over your head and explosively jump up into the air. Land and immediately lower back down into a squat for your next rep. **\* If you are in an apartment and are worried that jumping might bother your neighbors, feel free to step your feet in and do a squat instead of an explosive jump \***

2. Leg Raises- Lay on your side or on your back and lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.

3. Windmill- Start in a star pose, with your feet shoulder width apart, your arms straight out and your back straight. Your left hand and arm will come down across your body and touch your right foot. Your other arm goes behind your body for balance. Go back to the star position, then your right hand and arm will come down and touch your left foot, while your other hand is behind your back.

4. Butterfly Kicks: Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.

5. Wall Sit- Make sure your back is flat against the wall. Set your feet about shoulder-width apart and then about two feet out from the wall. Slide your back down the wall, bending your legs until they're in a 90 degree angle—or as close as you can get! Your knees should be directly above your ankles, but no more forward. HOLD your position, while contracting your abs. Stand slowly, while leaning against the wall, when done. See how long you can hold it!

### **Change It Up:**

- Not out of breath yet? Do the circuit a second or third time!
- Still not out of breath? Change the exercise time from 40 seconds to 60 seconds!
- Combine or mix the exercises from Circuits 1-2-3.

### **What next?**

- A Moment To Reflect!
- Draw a how-to guide for one of the exercises.
- Pretend you're a fitness instructor and have a family member do your fitness class!

## **Indoor bowling**

**Equipment:** Plastic water bottles or cups and a small ball or socks rolled up to make a ball. You will also need something to identify a start line. This could be a piece of tape or string on the floor.

**How to Play:** You can play just like a regular game of bowling. Determine the point value of each cup and keep score on a separate piece of paper. Each player will get three tries to roll the ball and try to knock down the pins. The person with the most points at the end of the game wins!

# Monday

## agility

### Cone obstacle course

#### Movements

fast feet  
move your feet as fast as you can



single leg touches  
stand on one leg touch ground



mountain climbers  
on hands and toes drive elbows to knees



Start (home)


#### How to Play

- Start at the home cone
- run to one cone at a time and complete move for 20 seconds
- run back to home and then to another cone
- continue

No cones?  
Use something you have in the house.  
-cups -socks

#### Challenges

**15:00** Continue for 15 minutes

 Have a family member call out which cone to run to.

 Complete each movement for 60 seconds

 vs Have a Competition with someone in your house. Who can go longer without stopping?

**\*If you are in an apartment you can modify the fast feet to having one foot forward one foot back, pumping your arms as if you were running and bringing your back knee quickly into your chest and down again. \***

### **Activity Bingo**

**How to play:** Fill in a line any way you choose. If you are in an apartment here are some modifications that will help you to not bother your neighbors below. For the one legged hops balance on one leg and try to bend and straighten that leg while maintaining your balance. For Jumping jacks step out side to side. For running on the spot put one leg forward and one leg back. Bring the knee of the back leg forward and up to your chest and then put it back down. Move the back leg quickly while moving your arms as if you were running. Make sure you do both sides so you stay even. Switch your hops and jumps to squats.

Finally, if it is a nice day you could leave your apartment and find some space outside where you could play this game.

\*Find the Bingo Chart on the next page. It would not fit here \*

# Friday



## ACTIVITY BINGO

Can you get a line in any direction?



|                            |                      |                             |                     |                          |
|----------------------------|----------------------|-----------------------------|---------------------|--------------------------|
| 10 jumping jacks           | 5 sit ups            | 10 lunges                   | 20 toe touches      | 3 forward rolls          |
| run on the spot 30 seconds | 20 air punches       | 20 giant steps              | 5 push ups          | 10 hops on right foot    |
| 3 spins in a circle        | 10 hops on left foot | Your choice                 | 20 two foot hops    | walk on heels 30 seconds |
| 10 bear crawls             | 30 second wall sit   | 10 squats                   | 30 second crab walk | 10 step ups              |
| 20 arm circles             | 5 tuck jumps         | walk on tip toes 30 seconds | 5 star jumps        | 10 hops backwards        |

Too Easy?

See if you can fill the whole card!

How fast can you do it?