

# FLIP THE YARD

## MATERIALS

Plastic bottle partially filled with water, individual socks laid flat to make two circles

## DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. Create two circles (rings) on the ground using socks. The rings should be approximately two meters apart from each other. One ring will be used as the **throwing ring** and the other will be used as the **target ring**.

The throwing ring should be big enough for players to stand inside of it and take a step forward. Ask players to make the target ring a size that will provide them with both a challenge but also allow them to achieve success. Players start by standing in the throwing ring.

They perform an underhand throw with the bottle, flipping the bottle in the air, and try to have it land standing upright in the target ring. Players cannot step outside of the throwing ring when they perform their throw, or they receive zero points for that throw.

There are three ways to earn points:

- The bottle lands upright in the ring (3 points)
- The bottle lands touching the outside of the ring but is not upright (2 points)
- The bottle lands in the ring but is not upright (1 point)

This activity can be played alone or with multiple players. If multiple players are playing, provide each player with two throws, alternating players, until one player reaches **15 points**.

To make the activity more challenging, spread the rings further apart, create a smaller target ring, or have players perform different actions before their throw (e.g., five tuck jumps, five hops, etc.).

## LEARNING OUTCOME

Demonstrate underhand throwing skills and throw for accuracy in a target game.

Activity from [PHECanada.ca/PHEatHome](https://PHECanada.ca/PHEatHome)

## REFLECTION QUESTIONS

- How could you modify this game to be played with other types of equipment?
- What did you have to do to be successful at flipping the bottle upright inside of the ring?

# HPE

## circuit 1: the sporty circuit

*Footballers • 30 secs*

Take a wide stance and do small quick runs as quick as you can.

*ski moguls • 30 secs*

Keep your feet close together and hop side to side with imaginary poles.

*skater slides • 30 secs*

Get low and jump/slide side-to-side tapping the toe behind you.

*Basketballer jumps • 30 secs*

Jump up and shoot your ball in the hoop, over and over.

*Rest and repeat once • 30-60 secs*

## circuit 3: lunge party

*lunge right with knee driver • 30 secs*

Step your right leg back going into a lunge position. Come back up to standing driving your back knee up in front of you.

*lunge left with knee driver • 30 secs*

Same but on your left.

*Lateral lunge right w/ knee driver • 30 secs*

Do a side lunge to your right. When you come back up to standing, pull your right knee up in front of you, balancing on your left leg.

*Lateral lunge left w/ knee driver • 30 secs*

Same but on your left.

*Rest and repeat once • 30-60 secs*

# CARDIO WORKOUT 4

This workout is great to get your heart pumping and to build strength.

## Circuit 2: The plank parade

*Shoulder taps + push ups • 30 secs*

Take a wide stance and do small quick runs as quick as you can.

*ski moguls • 30 secs*

Keep your feet close together and hop side to side with imaginary poles.

*skater slides • 30 secs*

Get low and jump/slide side-to-side tapping the toe behind you.

*Basketballer jumps • 30 secs*

Jump up and shoot your ball in the hoop, over and over.

*Rest and repeat once • 30-60 secs*

## circuit 4: the adventure round

*burpees • 30 secs*

From standing, crouch down and then jump your legs out into a push-up position. Do a push-up, jump your legs back in and up to standing.

*commandos • 30 secs*

Go up and down from forearm plank to hand plank, one arm after the other.

*russian twists • 30 secs*

Sit on your bum, legs bent with heels on the ground or in the air, lean back 45 degrees and twist through your core from side to side.

*turkish sit-ups • 30 secs*

Do a full sit up from your back reaching your arms above the head at the top.

*Rest and repeat once • 30-60 secs*

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# Walking Meditation

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The moment we step out the door, our mind tends to go wandering. Each time that happens, we move away from the present moment and away from the chance to connect with nature and our surroundings. We forget to appreciate the simple pleasure of walking.

Meditating while walking is a way to get the mind to walk with us and to bring a relaxed focus to this everyday pursuit. It is amazing how different we feel when paying attention to what's going on around us. Instead of our object of focus being the breath, as we do with a sitting meditation, our focus becomes the rhythm of our walking pace.

There are different types of approaches to walking meditation, most of which depend on your location. A stroll in the countryside, for example, is different from a quick-paced walk through the city. But this meditative walk — perfectly suited for people who live a busy life — can be done anywhere and at whatever pace you like.

The following are some simple cues you can perform, for 30-60 seconds, to help with your walking meditation:

 **Body check**

As you start to walk, notice how the body feels. Heavy or light, stiff or relaxed? Take a few seconds to become aware of your posture and the way you're carrying yourself.

### **Observe**

Without trying to change the way you're walking, simply observe your gait. Bring your attention to it. This can sometimes make you feel self-conscious, but that feeling usually passes.

### **Tune in**

Tune into what's going on around you — passing cars, other people, window displays, trees, the movement and still of things, or any other sights that come into your awareness field. You're not thinking about any of these things, though; you're simply acknowledging what you see.

### **Noting sounds**

Notice the sounds that drift in. What can you hear? Again, try to realize any noise but not dwell on it.

### **Familiar smells**

Now turn your attention to any smells, whether pleasant or unpleasant. Notice how the mind habitually wants to create a story out of each smell and how it might remind you of somewhere, something, or someone.

### **Physical sensations**

Next, make a point of noticing any physical sensations, from how the weather makes you feel to how it feels as the sole of your feet touch the ground. There's still no need to think about any of these observations. Simply notice, acknowledge, and let go.

### **Movement**

After a minute or two, contemplate the sensation of movement in the body: how the arms hang or swing by your side or how the weight steadily shifts from right to left. Observe your stride, your pace, and the rhythm you've become accustomed to.

### **Focus on your rhythm**

Use that rhythm — the soles of the feet touching the ground — as your base of awareness, a place you can mentally come back to when the mind wanders off. Repeat this throughout your walk, step by step, block by block, or mile by mile.

## Cards Cardio

1-4 Players

Needs one deck of cards, a little bit of room, and some energy.

- A) Spades are push ups
- B) Clubs are sit ups
- C) Diamonds are jumping jacks
- D) Hearts are resting cards, love em.

Ace is one 2 is 2 3 is 3... 10 is 10 all face cards are 10.

- You can add in two jokers if you want. They are for A 30 minute jog, walk, or bike ride. But everyone must do it.
- For a one person game shuffle the deck count out 26 cards and one at a time go through all 26 of them.
- For a two person game half a deck each and alternate back and forth what each person has to do.
- For a three person game remove one of the hearts card from the deck and then each person gets 17 cards and goes one at a time.
- For a four person game everyone get 13 cards alternating each time.

Take your time with the game and have fun with it.





## Carnival Games

This week we have a collection of classic carnival games modified for life at home. Use these games to get outside to enjoy some fresh air and friendly competition. As always, these games are templates and you can modify rules, equipment and set up, as necessary. Please enjoy these activities within your “bubble”!

### **Suggested Materials:**

\*This list of materials are only suggestions. Feel free to substitute any in or out. Each house has different items around the house that fit the need for each activity – get creative!

- Big Ring (foam ring, rope tied in a circle, frisbee with no material in the middle etc.)
- Pylon (water bottles, any type of a sturdy cylinder)
- Flat Board (cardboard, wood, etc.)
- Buckets (bowls, pails, hula hoop, etc.)
- Ball (mini basketball, rolled up socks, etc.)
- Polyspot (frisbee or small flat circle smaller than your hula hoop or designated circle)
- Timer
- Scorecard (optional)

### **Game #1 – Pop-A-Shot**

A take on the classic basketball quick shooting game. This game will differ depending on the equipment at your disposal. If you have a basketball net (driveway or a mini net in your home) then you can use that to play instead of the bucket/pail.

- **Set Up**
  - Place a bucket or pail somewhere in an open space

- Place a polyspot (something to mark a spot) about 10 feet from the bucket
- At the polyspot place your ball(s)
- If you have a partner to play with then they will be down by the bucket to retrieve and pass back the ball as quickly as possible
- **How To Play**
  - Set the timer for 1 minute
  - On go try to get the ball into the bucket as many times as possible from the polyspot
  - Your partner will retrieve balls after you throw (if alone retrieve yourself)
  - See how many points you can get in a minute – each ball in the bucket equals 2 points
  - Repeat as many times as you want

### **Game #2 – Ring Toss**

The classic carnival tossing game gets modified to play at your house.

- **Set Up**
  - Scatter your pylons in an open space
  - Give each pylon a point total
  - Place a polyspot (something to mark a spot) about 10 feet from the pylons
  - Place your rings at the polyspot
- **How To Play**
  - Each player gets 10 tosses
  - From the polyspot, toss a ring trying to land on/wrapped around a pylon to earn points
  - If the ring does not go on to a pylon then no points are awarded
  - Repeat the process to see how many points you can accumulate in 10 tosses

### **Game #3 – Skee-Ball**

This is a modified version of the classic rolling ramp target game. When playing this game make sure you are using an acceptable space.

- **Set Up**
    - Take a flat board and prop it up to at least a 45-degree angle
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- The diagram illustrates the setup for the Skee-Ball game. It shows a yellow rectangular board propped up at an angle by a yellow triangular support. At the top edge of the board, three cylindrical buckets are placed: a yellow one on the left, a blue one in the middle, and a yellow one on the right. A yellow line indicates the path of a ball rolling down the ramp towards the buckets.
- At the edge of the elevated board place buckets (at least 3) in different areas. Use your best judgement when positioning your buckets.
  - Designate points to each bucket (ie. The farthest one is worth 5 points)
  - Place your polyspot a few feet from the end of the board touching the ground. Your rolling objects (socks, ball, etc.) should be beside the polyspot
- **How To Play**
    - Each player gets 10 rolls
    - From the polyspot, roll your ball up the ramp trying to send it off and into a bucket to earn points
    - If the ball does not go into a bucket, then no points are awarded
    - Repeat the process as many times as you want or if playing another player then try to beat their score

### **Safety:**

- Pay attention to your surroundings
- When it is not your turn stay a safe distance back from the equipment
- Use materials that are not going to break when using them for the purpose of these activities

# Wellness Corner

This week's resources will include information on Sugar and Yoga.

## **Sugar Videos:**

1.) The first video "The Truth About Sugar", is a 2015 BBC documentary on the truths about sugar and the downsides of a sugary diet.

<https://www.youtube.com/watch?v=9E9bnjwQG9s>

2.) The second video "The Secrets of Sugar", is a 2013 video produced by The Fifth Estate about the hidden dangers of consuming too much sugar.

<https://www.youtube.com/watch?v=K3ksKkCOgTw>

## **Yoga Resources:**

3.) Here are some more yoga video resources:

<https://youtu.be/4WXXf8eXE4Q>

<https://youtu.be/ocvwJEkunpA>

<https://youtu.be/8q1-4aF1kJM>

<https://youtu.be/pm42u53d76g>

4.) Here is a great opportunity from Modo Yoga. Thank you to Jenn and her team for making this possible. Please see below for details on how you can register.

Hi FHS Students!

We are happy to offer your entire school access to this FREE membership so that you can enjoy yoga and meditation classes while our studios remain closed. We hope that you can use the Modo Yoga online platform to support your wellness and self-care needs during this challenging time.

### **How to Access the “You Are Essential Membership”**

- 1) Go to Modo Yoga Online.
- 2) Go to “online modo classes”.
- 3) Insert your e-mail and create a password for your account.
- 4) Agree to “terms of service” and click “sign up”.
- 5) Complete contact information, save, and continue.
- 6) Find the “you are essential membership” under products and click view product.
- 7) Click the “buy” button in the top right-hand corner.
- 8) Insert your promo code “**ESSENTIALSCHOOL**” in all capital letters as shown.
- 9) Verify your promo code.
- 10) Select “Register Product”.
- 11) Enjoy Modo Yoga online!

**PLEASE NOTE:** This membership is available while our studios remain closed. Once we know when the last studio will reopen, all “You Are Essential Members” will be updated.

We hope you enjoy the classes!

With love,

Jenn (Modo Yoga Fredericton) and the Modo Yoga Online Team.