

STRIKE N' DASH

MATERIALS

Striking implement (e.g., foam bat, racquet, baking sheet), objects to strike (e.g., foam balls, socks, stuffed animals), 2 floor markers (e.g., plastic cups, pylons), bowl or Tupperware container

DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. This activity requires two players with one player being the **striker** and the other player being the **sender**. The striker and sender stand facing each other about 2.5 to 3 meters apart.

Give **5 objects** to the sender, place two floor markers an agreed upon distance apart to the *left* of the sender and place the bowl or container to the *right* of the sender. The sender *underhand pitches the 5 objects*, one at a time, to the striker and the striker *hits them into the playing area*. After all 5 objects have been pitched, the sender moves to the floor markers and runs back and forth between them as many times as they can. *The striker must touch each floor marker with their hand and each touch counts as 1 point.*

At the same time, the sender runs around the playing area collecting all the objects **one at a time** and putting them into the bowl or Tupperware container. *If a striker misses hitting an object, the sender is not required to pick it up.* As soon as the sender has collected all the objects they call out "**stop**" and the striker stops running and counts their points. Switch roles so each player has a turn in both positions.

Play until one player reaches an agreed upon number of points.

LEARNING OUTCOME

Practice striking an object with an implement and apply game play strategies in order to score points.

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

REFLECTION QUESTIONS

- What strategies did you use to score the most runs when striking the objects?
- How would you modify this game if you had more players and a larger playing area?

CARDIO HIIT WORKOUT



Squats - 30 sec

Rest - 15 sec

Burpees - 30 sec

Rest - 15 sec

Jumping Lunges - 30 sec

Rest - 15 sec

Pushups - 30 sec

Rest - 15 sec

High Knees - 30 sec

Rest - 15 sec

Plank - 30 sec

Rest - 15 sec

Bear Walk - 30 sec

Rest - 1 min

Repeat cycle 2-3x



YOGA



Mindfulness Smelling

Take a bunch of delicious smelling things from around your home – candles, fresh herbs, flowers, fruit, vanilla, cinnamon, grass – close your eyes and smell your item, feel what happens in your body. Does the fragrance of the item remind you of anything? For example, cinnamon reminds me of Christmas. Or maybe the smell of lavender makes me feel sleepy.

Mindfulness Eating

Mindfulness eating is when you slow things down when you eat so you can notice things you do not usually notice. Pick a snack from home and ask yourself: Was this food once a seed? Where does this food originate from? How did this food end up in my house?



Now what does your food feel like to touch? What about the smell? What if you squish it a little – what does that feel like? Now take a bite but chew very slowly. Really notice your mouth moving up and down. Can you feel the food against your tongue and between your teeth? What does it taste like? What does it feel like? Keep chewing for a little while (20-30 seconds). When you are ready, notice what the food feels like as it moves down your throat and belly.

Mindfulness Listening

Also known as listening meditation, in this type of meditation we focus on just one of our senses: Hearing. We bring all the attention to the sounds around us – the loud and the soft, the near and the far. While listening meditation can be done anywhere, nature is an excellent place to practice.

What to do?

- Find somewhere outdoors where you will not be disturbed. This could be on a bench in the park, lying on the grass, or sitting outside on your front step.
- Close your eyes, take a few deep breaths, and then bring your attention to what you can hear.
- Notice which sounds are most obvious to you, as well as those that are in the background. Notice how some sounds come and go, while others are constant. Notice how some get louder and softer. Your goal is to become curious about what you are hearing and to notice the sounds around you in a way that you do not normally in day-to-day life.
- When your mind wanders, notice you have become distracted and gently return your attention to listening.

If you would like to be guided through this process, the following is a link to support your listening meditation:

<https://www.youtube.com/watch?feature=youtu.be&v=VjHDNQp4RJ8&app=desktop>



Black Kats Family Fitness Treasure Hunt

A family member must do these tasks with you!

- 1) Do ten consecutive push-ups.
- 2) Do a cartwheel.
- 3) Do an outdoor scream run.
- 4) Do fifteen consecutive crunches.
- 5) Dance together for 1 minute Ex: Line dance, square dance, hip-hop, jive.
- 6) Do 10 squat jumps.
- 7) Lunge walk from one end of the driveway to the other.
- 8) Jog 10 laps around the driveway.
- 9) Do a forward or backward bridge.
- 10) Twirl around 5 times and walk in a straight line.
- 11) Do 10 Burpee's.
- 12) Spider Walk from one end of the driveway to the other.
- 13) Play Rock, Paper Scissors and if you win run to a boundary before they tag you.



Minute To Win It

This week we have a collection of quick and simple timed activities for you to utilize in your weekly physical activity. Minute to Win It challenges are simple games that need to be completed in a minute or less. These games can be played individually or against others. If playing with others in a friendly competition, then you can utilize a timer to see who can complete the task the fastest. As always, these games are templates and you can modify rules, equipment, and the setup, 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!

- Red Solo Cups (the more the merrier – minimum of 10)
- Buckets (bowls, pails, hula hoop, etc.)
- Balloons
- Vaseline
- Cotton Balls
- Cookies (smaller cookies work best)
- Timer
- Scorecard (optional – template attached at bottom)

Game #1 – Balloon Breath

In this game you will try to use the air in a balloon to blow over all the standing cups in under a minute.

- **Set Up**
 - On a table set up your cups right side up in a straight line along the edge closest to you
 - Player should have a deflated balloon in their hand
- **How To Play**
 - Set the timer for 1 minute
 - On go the time will start and the player needs to blow up the balloon and try to knock over the balloons using only the air that is in the balloon
 - You can not touch any cup with your body, and you are not allowed to breathe/blow on the cups
 - Once all cups are knocked over then the time stops
 - The next player can try to beat your time

Game #2 – Cookie Face

In this game you will attempt to try to get as many cookies as you can to go from your forehead to your mouth without using your hands in under a minute.

- **Set Up**

- Player will sit in a chair with their neck extended back so that they are looking at the ceiling
- The player will start with a cookie on their forehead
- **How To Play**
 - On go the time will start and the player will try to move the cookie from their forehead to their mouth without using their hands or feet and the player must remain seated in the chair
 - If the player successfully gets a cookie in their mouth, then they can repeat the process with a new or same cookie
 - See how many times you can get a cookie in your mouth in one minute
 - The next player can try to beat your score

Game #3 – Nose Dive

This game requires the player to dip their nose in Vaseline and transfer cotton balls from one bowl to another using only their nose. They will see how many cotton balls they can transfer in one minute

- **Set-Up**
 - On a table, place two bowls a few feet away from one another
 - For added difficulty place the bowls on separate tables further to increase the distance between bowls
 - Fill one bowl with cotton balls and leave the other bowl empty
- **How To Play**
 - The player will start by dipping their nose in Vaseline
 - On go, the time will start and the player will attempt to pick up a cotton ball with their nose and transfer it to the other bowl without using any other body part
 - The player will repeat the process to see how many cotton balls they can get into the other bowl in one minute
 - The next player can try to beat your score

Game #4 – Defying Gravity

This game will challenge the player to keep a balloon in the air for an entire minute. For added difficulty add more balloons to keep up simultaneously.

- **Set-Up**
 - Make sure you have a good open space to play this game
 - Inflate a balloon (add more balloons for added difficulty)
- **How To Play**
 - The player will begin with the desired number of balloons in their hand(s)
 - On go the timer will start and the player needs to keep up the balloon with whatever part of their body they desire
 - If the balloon hits the floor, then the player's time stops, and their turn is done
 - The next player can repeat the game trying to make the full time or beat the previous player's time

Game #5 – Stack Attack

This is a cup stacking game. Players will attempt to stack their cups into a pyramid and then dismantle in the fastest time possible.

- **Set-Up**
 - On a table with lots of space have your stack of cups (increments of 12 works best)
- **How to Play**
 - On go the time will start and the player will need to unstack their cups and stack them into a pyramid using all their cups
 - Once a standing pyramid is formed the player will need to restack all their cups for the time to stop

- The next player can repeat the process to try and beat the first players time
- For added difficulty add more cups

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

Scorecard Template:

	Player #1	Player #2	Player #3	Player #4
Balloon Breath	i.e. 36 seconds			
Cookie Face				
Nose Dive				
Defying Gravity				
Stack Attack				

Wellness Corner

This week's resources will include information on Nutrition.

Nutrition Videos:

1.) The first video "What's in Canada's new food guide?" highlights the recent changes to our national food guide and how you can eat healthier. Please follow the link below to watch a short 16-minute video.

<https://www.youtube.com/watch?v=axRRFV5MdyY>

2.) The second video "Brain Foods for Brain Health" focuses on ways to improve your brain's health by eating healthier.

<https://www.youtube.com/watch?v=qa7zGZmiLNk>

Nutrition website/articles:

1.) The first website offers updated information on Canada's Food Guide. Some important information on this website includes tips for healthy eating, recipes, healthy food choices, and healthy eating resources.

<https://food-guide.canada.ca/en/>

2.) The second website features the article "What is nutrition, and why does it matter?" This article is very informative and highlights the nutrients in food, how the body utilizes them, and the relationship between diet, health, and disease.

<https://www.medicalnewstoday.com/articles/160774>

