

# HANG IT UP

## MATERIALS

Three poles or sticks, floor marker (e.g., string, ruler, etc.),  
three hangers

## DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. Find an open area and either push the poles into the ground or use something to secure them in place (e.g., taped to the back of a chair etc.). Place the poles one meter from each other in a **triangular shape**. Place a floor marker three meters from the poles.

A player stands by the floor marker and *underhand* throws each hanger, one at a time, trying to score points.

Points are scored the following ways:

- Touch the pole (1 point)
- Land in the middle of the triangle (2 points)
- Land around the pole (5 points)

If there is more than one player, each player takes turns throwing all three hangers. A player wins the game when they score **15 points**.

## LEARNING OUTCOME

Apply target game tactics to underhand throw for accuracy to score points.

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

## REFLECTION QUESTIONS

- What did you do to prepare for each throw?
- What could you do to modify the activity so there are other ways to get points?

# HIIT CARDIO

## WALK/JOG WORKOUT

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### WARM UP:

EXERCISE:  
WALK

PACE:  
MODERATE

TIME:  
2 MIN

### HIIT:

EXERCISE:  
JOG

PACE:  
QUICK

TIME:  
1.5 MIN

EXERCISE:  
WALK

PACE:  
MODERATE

TIME:  
30 SEC

EXERCISE:  
JOG

PACE:  
QUICK

TIME:  
3 MIN

EXERCISE:  
WALK

PACE:  
MODERATE

TIME:  
1 MIN

REPEAT HIIT PORTION AN ADDITIONAL 4X

### COOL DOWN:

EXERCISE:  
WALK

PACE:  
MODERATE

TIME:  
2 MIN

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# Yoga

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**Option 1:** <https://www.youtube.com/watch?v=AF9d2lcl4fA>

The following link will bring you to a stretching video. This is a great practice before or after a workout to awaken the spine, stretch your muscles and gain body awareness.

**Option 2:** [https://www.youtube.com/watch?v=K-lna\\_WW4Yc](https://www.youtube.com/watch?v=K-lna_WW4Yc)

Start your day with this energizing morning yoga practice. For optimal rejuvenating effects, follow the sequence outside under the warm sun. This exercise will wake up your mind and body; and set the tone for the rest of your day.



## **BLACK KATS "FLIP THE YARD" TARGET GAME**

**Materials:** Plastic bottle partially filled with water; individual socks laid flat to make two circles

### **Learning Outcome:**

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

### **Scoring System:**

- 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)

Ensure there is enough space to do the activity away from any safety hazards.

**Set Up:** Create two circles (rings) on the floor or ground using socks. The rings should be approximately two metres 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 to stand inside of it and take a step forward. Make the target ring a size that will provide both a challenge but also allow for success. You start by standing in the throwing ring.

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. You cannot step outside of the throwing ring when performing your throw, or you will receive zero points for that throw.

### **There are three ways to earn points:**

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.).



## Backyard Games – Disc Golf & Handminton

This week we bring you two backyard games to get out and enjoy some fresh air and sun. This week we have Disc Golf and Handminton! These games can be played with others in friendly competition or by yourself. As always, this is just a template and you can modify rules, equipment, and the setup, as necessary. Please enjoy these activities in a safe manner!

### Suggested Materials:

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

- Frisbee (other “disc” like item that can be used to throw like a disc/frisbee)
- Targets (trees, garbage cans, poles, etc.)
- Obstacles (anything to make your disc golf holes more challenging)
- Rolled Up Socks (other soft “ball” like item to be used as your “birdie”)
- Badminton Net (anything that you can use to create a net – even imaginary lines will work)

### Disc Golf

#### Set Up

- You can use the attached link (<https://www.youtube.com/watch?v=BXJgCmKQNCQ>) to get your creative juices flowing when designing your holes. Skip to the 2:50 mark in the video to get ideas about holes or targets. Please be advised that you can use different types of targets – your disc does not necessarily need to go into a bucket, you can simply hit a tree or a garbage can. You can also skip to the 3:50 mark to get an idea of how to set up your holes. You do not need to set up a course if materials are scarce – you can simply create a new hole each time. Be creative and use what is available to make each hole easier or harder depending on your abilities or desires.
- Think of different ways to utilize your space and make each hole creative and challenging
- Please be safe and use items appropriately – you do not want to break or ruin anything.

### How To Play

- Dictate where your first shot will be taken from on the hole – each player will start their turn from this spot
- Rock, Paper, Scissors will determine who gets to shoot first
- Taking Turns
  - Before starting the game determine how you will take turns
    - Alternate every shot
    - Player that is furthest away from the hole gets to shoot
    - Player 1 gets to play the hole until completion before Player 2 tees off

- After throwing, allow the frisbee to completely stop before taking another throw
- Make sure to keep track of how many throws you take on each hole
- After your disc successfully gets into the hole (hits the target) then your turn is over and mark your score
- Repeat the process on the next hole

### Handminton

- Classic badminton simplified for your enjoyment!

### Set Up

- Determine what you want your net to be. You can use a regular badminton/volleyball net that you have at your house or you can modify.
  - Modified nets could be anything from a clothesline, garbage cans or a line in the ground and you and your partner regulate the imaginary net height as the game goes along.
- Games can be played in a singles format or doubles.
- Make sure to clearly outline where your boundary lines are before play starts.

### How To Play

- Regular badminton rules are to be used
  - Determine what the score will go to (i.e. 15, 21, etc.)
  - Boundary lines
  - Service lines and boxes
- Instead of racquets you will use your hand to strike the rolled-up socks (birdie)
- Players (teams) can only strike the “birdie” once on their side of the court
- Scoring system remains the same as in normal badminton

# Wellness Corner

This week's resources will include information on Outdoor Wellness Activities.

## Outdoor Wellness Activities:

1.) The first activity will focus on hiking. Going for a hike in the woods or along a trail is a perfect way to get some good outdoor exercise while also spending quality time in nature. Hiking NB is a great website for a list of trails for beginners, occasional, and seasoned hikers. The second link shows the best waterfall trails to hike in NB.

<https://www.hikingnb.ca/>

<https://www.alltrails.com/canada/new-brunswick/waterfall>

2.) The second activity will focus on camping. There are many campgrounds in NB for you to explore this summer. Parks New Brunswick and Tourism New Brunswick are great websites to find additional information.

<https://parcsnbparks.ca/NewBrunswick>

<https://www.tourismnewbrunswick.ca/Stay/FindCampgrounds/>

3.) The third activity will focus on kayaking/canoeing. Check out the links below on some of the best places to go canoeing and kayaking in NB.

<https://www.tourismnewbrunswick.ca/Products/Groups/CanoeingandKayaking/>

[https://www.tripadvisor.ca/Attractions-g154956-Activities-c61-t191-New\\_Brunswick.html](https://www.tripadvisor.ca/Attractions-g154956-Activities-c61-t191-New_Brunswick.html)

