

# 5-PIN KICK-IT

## MATERIALS

Rope or string, ten plastic cups, two balls

## DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. This activity requires two players. Begin by creating a square or rectangular playing space 3-4 meters by 6-8 meters (if possible) and divided in the middle with a rope or string. Each player takes five plastic cups and sets them up in one side of the playing area. The cups have to be at least 0.5 meters apart and **cannot all be in the same area of the playing space** (e.g., not all at the back, sides, or front).

Once each player sets up their cups, they get a ball and stand on their side. Players choose a call or signal and **kick the ball at the same time** to the other side of the playing area when the call or signal is used. *Players try to aim to knock over one of the other player's cups with their kick.* After the kick, players retrieve their ball and get ready to kick again. Any cups that are knocked over stay knocked over. On the call or signal, the players kick the ball again.

The game is played until one player has knocked over all of the other player's cups with the ball. **Players cannot stand in front of a cup when they are kicking the ball but can move to block a shot once they kick their ball.** If a player accidentally knocks over one of their cups when they are blocking a ball, it stays knocked over.

## LEARNING OUTCOME

Demonstrate offensive and defensive strategies and tactics playing a small-sided game.

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

## REFLECTION QUESTIONS

- How did you decide where to set up your cups in the playing area?
- What strategies did you use to be offensive and successfully kick cups over? What strategies did you use to be defensive and successfully block kicks from knocking your cups over?

# FHS HITT WORKOUT

- Warmup - 5 minute jog or walk
- Workout - Repeat 2-3 times
  - 15 reverse lunges (each leg) 30 sec rest
  - 10 push ups 30 sec rest
  - 15 mountain climbers (each side) 30 sec rest
  - 20 side lying leg lifts (each side) 30 sec rest
  - 15 squats 30 sec rest
  - 25 crunches 30 sec rest
  - 1 minute plank 30 sec rest
  - 15 tricep dips 30 sec rest
- Cooldown - 5 minute stretch

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# Yoga

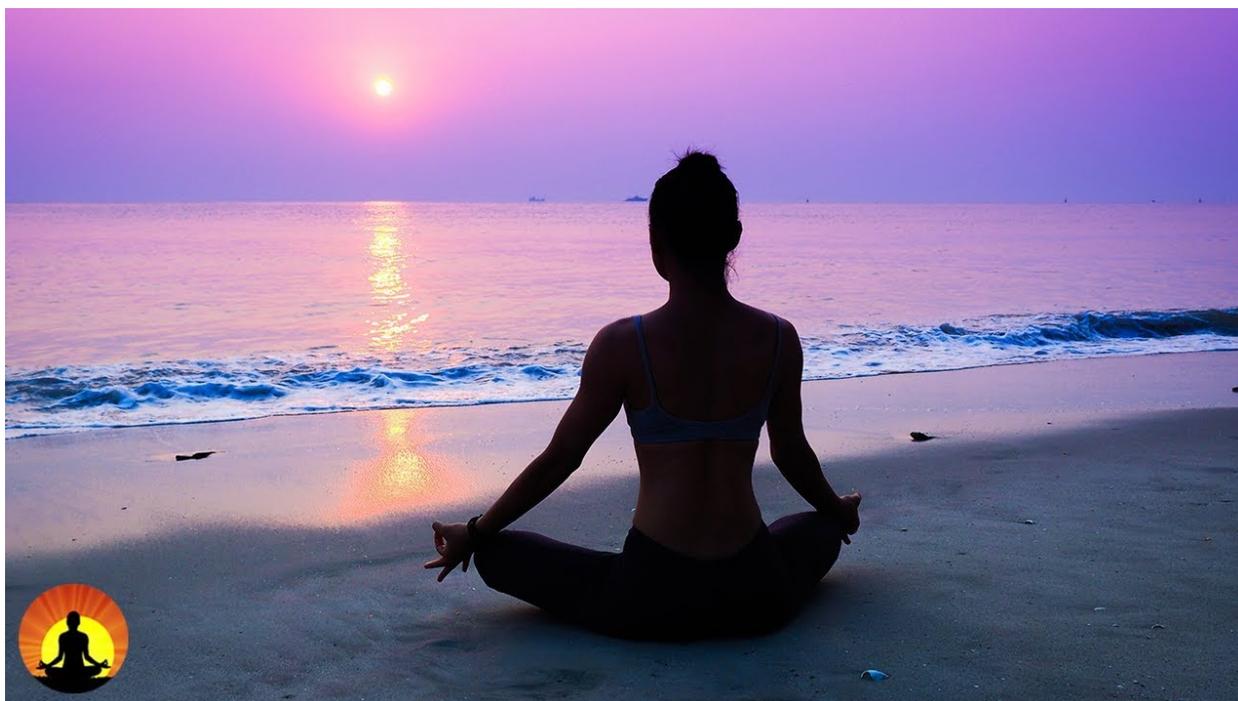
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**Option 1:** <https://www.youtube.com/watch?v=Td6zFtZPkJ4>

The above link will bring you a fun 10-min standing yoga sequence which invites you to be in the moment as you move and breathe. Refresh your body and mind so that you can focus and prepare yourself for the day. No yoga mat is required.

**Option 2:** [https://www.youtube.com/watch?v=h5CEOjPY\\_uw](https://www.youtube.com/watch?v=h5CEOjPY_uw)

Join Adriene for a 35 minute loving and powerful grounding yoga session. This special at-home practice is anchored in an invitation to focus on the rise and fall. Through this structure you will lean in and use the tools of asana, breath, and science to welcome a sense of peacefulness and ease for both mind and body.



## Top 7 Self-Awareness Activities

1. Be aware of your body language-Sometimes self-awareness activities are not about what you do or say but how you go about doing it. Body language is an example of this. Not only will your posture and gestures affect how you perceive yourself, they will also have a great impact on how others perceive you. Your body language will also set the tone for how others act around you. For example, if people feel that your body language is showing that you are uncomfortable, they may try to look for the cause of your discomfort so they can remove it. Alternatively, if someone feels that you are relaxed, they are likely to be able to relax as well and enjoy their interaction with you. While few people have trained themselves to deliberately analyze people's body language, everyone still subconsciously reacts to it. For instance, if your body language demonstrates that you are bored or disinterested in what is going on around you, others will think twice before engaging in conversation with you. Evaluate your own body language by studying a video of yourself so you can find ways to improve.
2. Practice grounding techniques - Grounding techniques can be used to help keep you in the present. People who have anxiety about future events often forget to live in the moment and take things as they come. Practicing techniques to keep you grounded will help relieve anxiety and make future tasks seem easier to do.
3. Observe other people - Just as we can use our bodies to communicate how we want other people to perceive us, we can also observe other people to try to figure them out. Observing other people can be a fun and potentially worthwhile hobby. If you stop to watch the behavior, postures, and mannerisms of the people around you, it can help you learn about how similar or different you are from them. While you do not want to constantly compare yourself to others, it is something that you will naturally do when you are faced with other people in your environment. Some traits that you are likely to notice are someone's appearance, their self-esteem, their emotional state, their warmth, and their extroversion. Knowing that other people are observing you as well will certainly help you be more self-aware.
4. Take a morning walk - Taking a walk first thing in the morning can help you connect with your senses and examine your thoughts and feelings. Take this time to meditate about what is going on in your life and your goals for the day. Sort through your feelings and make an action plan to be productive with your time.
5. Read more books - One thing that all successful people have in common is their tendency to read. Reading a variety of materials on a regular basis will help improve your thinking skills and expand your vocabulary. It will keep you up to date with current events and trends and force you to continue to learn. Reading various books will also help you identify and narrow down the topics and ideas you are drawn to. You will find yourself going back to read more about the same topic multiple times, which will lead you in the direction of pursuing that topic in some way in your life. For example, if you find yourself drawn to books about exercising and endurance, it may motivate you to train for a marathon or start a new exercise regimen. Reading is something that will always benefit you, no matter the topic. Some possible suggestions about good reading (A) How to manage money (B) Being happy does not just happen (C) Best ways to manage stress.
6. Practice conscious breathing - Breathing is what connects the body and mind. Conscious breathing is a practice that can be developed to optimize health and wellness and improve overall function. It can

relax the mind and spirit while helping you overcome anxiety and negative thoughts. The goal of conscious breathing is to redirect your focus to your breath instead of your thoughts. It helps you become more aware of your body as you focus on nothing besides the breath entering and leaving your body.

7. Meditate - The quest for self-awareness requires you to stop thinking and stop doing for a period to listen to and understand your inner workings. With the hectic pace of modern life, many people experience stress and tiredness, which leads to frustration. This can have a negative effect on overall health. Meditation is the perfect practice to help you calm your mind and become more focused. Meditation can also help you understand your mind and learn how to transform your thoughts from negative to positive. Overcoming negative thoughts and turning them into constructive ideas is the focus of meditation. This practice can help you enjoy your entire day, not just the few minutes that you take to meditate.



## “Air Hockey” & Soccer Games

This week we bring you two games to enjoy inside or outdoors depending on the weather. This week we have “Air Hockey” and two Soccer activities! 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!

- Soccer Ball (another light ball that you have around the house)
- Pylons (other items to mark a net)
- Rolled Up Socks (other soft “ball” like item to be used as your “puck”)

### “Air Hockey”

The classic arcade game brought to you in a modified version for fun at home.

#### Set Up

- Find a suitable open area in your house (i.e. basement, living room, etc.)
- Using pylons (or other items) you will set up two nets
  - Nets should be about 6 ft wide – use your best judgement, obviously the smaller the net the more difficult to score
  - One net will be set up on at one end of the room and the other adjacent from it
- Designate a crease area
  - Players must remain in their designated crease
  - The only time a player can leave the crease is if neither player can reach the ball from their area
- Please be safe and use items appropriately – you do not want to break or ruin anything.

#### How to Play

- Rock, paper, scissors will determine who gets the ball first
- Players need to remain in their crease and can stand or go on their knees. No one can lay down in front of their net.
- Once RPS is played to determine who starts with the ball, the player will strike the ball using their hand. They will try to strike the ball into the opposing net.
- The opposite player needs to try to stop the ball. They then strike it back trying to get a goal.
- When a goal is scored the player, who scored receives a point and the opposing player starts with the ball.
- Games can go to a predetermined score which will be set by the players beforehand
- If a ball is out of range of either player, then the closest player to the ball will retrieve the ball and bring it back into their crease to resume the game.

#### Modified Versions

- To make the game more difficult you can implement the following rules.

- Players must continually strike the ball. Players are not allowed to bring the ball to a stop with their hands or take their time setting up their next shot.
- Players must play the game holding a plank. In this version players can set periods of a certain time (i.e. 1 minute) where they can then take a break from the plank before beginning a new period of play.

### Soccer Activities

- Soccer activities simplified for your enjoyment!
- **Activity #1 – Keep Up**
  - **Set Up**
    - All you need is a soccer ball (other ball) and an open space – preferably outside
  - **How to Play**
    - Players will try to keep the ball in the air using whichever body parts they want except for their hands
    - Players can count how many touches of the ball they make before the ball hits the ground
    - If playing in a group you can challenge one another to number of touches each person gets (highest number wins) or you can play as a team to see how many touches you can all get before the ball hits the ground
- **Activity #2 – Soccer Shootout**
  - **Set Up**
    - Find a nice open space – preferably outside
    - Using your pylons set up a net on one end of the area
      - The net should be about 10ft wide – or to the players desire
    - Set up a shooting spot (penalty shot spot) approximately 20ft in front of the net – or the players desire
  - **How to Play**
    - Players will take turns being goalie and the shooter
    - Players will play RPS to determine who shoots first
    - The player who is goalie will take their position in the net
    - The shooter will set up the ball on the designated penalty shot spot
    - When ready the shooter will kick the ball from the area trying to put the ball in the net – the goalie will try to stop the ball however they can
    - If a goal is scored, then they shooter will get one point
    - Exchange roles and repeat the process
    - Games go until someone gets 5 goals

# Wellness Corner

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

## **Outdoor Wellness Activities:**

1.) The first activity will focus on Geocaching in New Brunswick. The following website highlights specific areas around New Brunswick, Geocaching 101, and maps/trails.

<https://www.cacheupnb.com/>

2.) The second activity will focus on Treego. There are two locations in New Brunswick – Moncton and Mactaquac. Please click the link below for additional information on some outdoor high ropes course fun.

<http://www.treegomactaquac.ca/>

3.) The third activity will focus on the Top 50 Outdoor Adventures to do in New Brunswick during the summertime. The following website highlights biking, hiking, tubing, whale watching, etc. Click on the following link to start planning your trips around New Brunswick this summer.

<https://www.todocanada.ca/50-outdoor-adventures-summer-new-brunswick/>