

CORNER BALL

MATERIALS

Tennis ball (or similar sized ball that bounces), two small objects (e.g., socks, plastic cups), four flat objects of the same size (e.g., paper plate)

DESCRIPTION

Ensure there is enough space to do the activity away from any safety hazards. Place the two small objects a certain distance apart from each other on the ground to represent a net and to divide the playing area in two. Place a flat object in the left and right corners at the back of each side. Two players are required to play, and they line up on either side of the net across from each other.

One player serves by striking the ball with an *open hand* and the other player returns it after it *bounces once*. Continue the rally until one person cannot return the ball or if one player hits the ball so it lands on the flat object on their opponent's side. A point is awarded after each rally and **five points** are awarded for hitting a flat object with the ball. Play until one player scores an agreed upon number of points to end the game. If questions come up about rules that have not been established, mutually agree upon the rule and begin play again.

LEARNING OUTCOME

Defend space, set up for an attack, and strike for accuracy playing a net/wall game.

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

REFLECTION QUESTIONS

- What tactics did you work on throughout the games (e.g., placing the ball to score a point, playing defense, etc.)?
- Did you put rules in place as you played? What were they? If you did not, what rules would you put in place if you played again?

CARDIO HUFF & PUFF

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec butt kicks



20sec push-up plank hold



20sec butt kicks



20sec march steps



20sec high knees



20sec march steps



20sec jumping jacks



20sec push-up plank hold



20sec jumping jacks

Yoga

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

The above link will bring you a fun 15-minute yoga stretch and meditation that will help you find a place of mindfulness and grounding.

Option 2: <https://www.youtube.com/watch?v=d4S4twjeWTs>

Join Adriene, going inward to focus on what feels good for the mind and body. Want to have a good body? Tend to the mind! This 10-minute practice is a simple meditation for inner peace that will compliment your daily routine.



GET FIT DISC GOLF

Materials: Frisbee or paper plate (or other throwing object like socks), multiple small objects for markers (e.g., plastic cups, plastic measuring cups), paper, pencil

Learning Outcome: Develop a course for a target game and perform aerobic, fitness, and core activities while throwing for accuracy.

Description:

- Play the disc golf course in pairs if possible, using the same throwing object and altering throwing turns. If two players are not available, the game can also be played with a single player.
- Start at the first tee-off and throw the object toward the hole. If it does not land or hit the hole marker, move to where the object landed and perform the fitness activity.
- Continue this process until the object lands or hits the hole marker. Finish the course or play for a selected amount of time.

Lunges x 5 per leg

Wall sit x 30 seconds

Squats x 10

High knees x 10 per leg

Plank x 30 seconds

Jumping Jacks x 10

Sit down and jump up x 5

Run on the spot x 30 seconds

Ensure there is enough space to do the activity away from any safety hazards. Design a disc golf course indoors or outdoors using materials available.

For each hole, create a tee-off area and a hole a certain distance away from each other using small objects (e.g., plastic cups, plastic measuring cups, etc.).

Each tee-off and hole object markers should be similar to distinguish different holes or consider numbering both the tee-off marker and the hole marker (e.g., the first hole's tee-off marker and hole marker both have a number 1).

For each hole, write a different fitness activity on a piece of paper and place it by the tee-off marker. Examples of fitness activities include:



Minute to Win It – Part II

For our last week we have another segment of Minute

to Win It challenges. 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!

- Uncooked Spaghetti and Penne or other tube-like pasta
- Red Solo Cups
- Assorted colored candy (skittles, smarties, etc.)
- Cereal box (any cracker or snack box works as well – you only need the front side)
- Scissors
- Pencils with erasers work best
- Timer
- Scorecard (optional – template attached at bottom)

Game #1 – Noodling Around

In this game you will hold a piece of spaghetti in your mouth and attempt to get 5 pieces of penne on to your spaghetti without using your hands. Refer to the video attached to get a visual look at how the game is played. https://www.youtube.com/watch?v=H_UYDOEyMAG

- **Set Up**
 - On a table set up your penne so that they are lying on their side with the hole facing out
 - Hold a piece of spaghetti in your teeth/gums with most of the noodle out of your mouth
- **How to Play**
 - Set the timer for 1 minute
 - On go the time will start and the player will attempt to get each piece of penne on the piece of spaghetti within the minute
 - You cannot touch anything with your hands
 - Once all the pieces of penne are on the spaghetti then time stops
 - The next player can try to beat their time

Game #2 – Separation Anxiety

In this game you will attempt to sort assorted colored candy into the proper piles in under a minute.

- **Set Up**

- Fill a red solo cup with assorted color candies. Smarties, skittles, or other small colored candies work best.
- **How to Play**
 - On go the time will start and the player will dump the cup of candy onto the table
 - The player will then attempt to sort the candy into piles according to their colors
 - The time stops when the player correctly sorts the candy
 - The next player can repeat the process to try to beat your score

Game #3 – Dice Balance

This game requires the player to hold a tongue depressor (popsicle stick works too) in their mouth and attempt to balance 5 dice on the end for at least 10 seconds without using their hands to help balance

- **Set-Up**
 - On a table, place 5 dice in front of you
 - Place a tongue depressor in your mouth
- **How to Play**
 - The player will start by placing the tongue depressor into their mouth
 - On go, the time will start, and the player will attempt to stack the dice one on top of the other at the end of the depressor with their hands
 - After each dice is placed on the depressor then the hands cannot hold the depressor to help with balance
 - Once all 5 dice are balanced then you need to hold it for 10 seconds to be successful
 - The next player can try to beat your time

Game #4 – Cereal Box Scramble

This game will challenge the player to piece back together the front side of a cereal box that has been cut into pieces – same as a puzzle

- **Set-Up**
 - With scissors, carefully cut up the front side of a cereal box
 - The smaller the pieces the more difficult the puzzle
 - Place the cut-up pieces of the box on a table in front of you
- **How to Play**
 - On go the timer will start and the player needs to put the pieces together to put the cereal box back together again
 - Once the puzzle is put back together then the time stops
 - The next player can repeat the game trying to beat the previous time

Game #5 – Speed Eraser

This game requires the player to bounce 5 pencils – eraser first – into 5 red solo cups. Please refer to the attached video in order to get a better visual. <https://www.youtube.com/watch?v=C5kK8lHkZq0>

- **Set-Up**
 - On a table line up your 5 red solo cups
 - In front of these cups line up a pencil for each – if you only have 1 pencil just use the same pencil for each cup
- **How to Play**
 - On go the time will start and the player will need to bounce the pencil – eraser first – into the cup

- Once a pencil is in the cup then move onto the next cup until all five cups have a pencil in them
- The time stops once all five pencils are in the five cups
- The next player can repeat the process to try and beat the first players time

Safety:

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

Scorecard Template:

	Player #1	Player #2	Player #3	Player #4
Noodling Around	i.e. 36 seconds			
Separation Anxiety				
Dice Balance				
Cereal Box Scramble				
Speed Eraser				

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 Disc Golf in New Brunswick. The following website highlights courses and holes around New Brunswick.

<https://www.pdga.com/course-directory/course/odell-park-disc-golf>

2.) The second activity will focus on Rock Climbing and Bouldering. There are many locations throughout New Brunswick. Please click the link below for additional information and maps of climbing.

<https://www.thecrag.com/climbing/canada/new-brunswick>

3.) The third activity will focus on Tourism in New Brunswick. The following website highlights activities and opportunities that will help you explore the province. Click on the following link to start planning your trips around New Brunswick this summer.

<https://tourismnewbrunswick.ca/>