



Priestman Street School Physical Education



Week of May 11

Do you want to keep track of your time being physically active?

Let us know what activities have been keeping you active! 😊

<http://www.nourishinteractive.com/nutrition-education-printables/241-children-family-healthy-goals-color-writing-activity-trackers>

Tossing:

Remember our steps to have a successful underhand toss (much like an underhand roll):

1. Step (with the opposite foot),
2. Swing your arm with a “tick tock” like a pendulum,
3. And toss, your hand should be pointing at your target when you release.

Tic-Tac-Toe: Create a tic-tac-toe board on the ground, you could use chalk for your lines, pairs of pants, or sticks! Use a beanbag, or a pair of socks folded together as your markers. Create a line away from your board where the beanbags will stay, you need 4 per person (two players are playing at a time). On go, each player takes one of their beanbags and runs to the tic-tac-toe board. Once you arrive at the board, you underhand toss your beanbag into a space (wherever it lands it stays). After you have tossed you go back and get another beanbag and toss it into another space, trying to create a line in the board. If you use all four beanbags and no one has won yet, pick up an already placed beanbag and move it to the open space on the board! Here is another variation of this game: <https://www.youtube.com/watch?v=NYjtaKO3aQE>

Cone Destruction: here is another game that uses multiple types of throwing techniques.

You could use water bottles instead of cones, and any type of ball you want!

<https://twitter.com/JeremyFrisch/status/1255869498659344444/video/1>

Laundry Basket Slam 21: in this game, two people are working together to gather points using an underhand throw! <https://www.youtube.com/watch?v=H0MI2rwAOHU&t=8s>

Go for a walk! During your walk, look around and see what other people are doing to exercise. If there are no people around, what kinds of things do you see animals doing that are physically active?

Keep in touch! Let us know what you are doing to be physically active. We miss you!

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