



# Centreville Community School



Follow us on Twitter at @CentrevilleSch for additional activities.

## 6-8 HOME LEARNING PLAN

Grade:	6-8 Phys.ed.
TEACHER	G.Robinson
Chris Sparrow	Principal : <a href="mailto:Christopher.Sparrow@nbed.nb.ca">Christopher.Sparrow@nbed.nb.ca</a>
Melissa Richardson	Vice Principal : <a href="mailto:Melissa.Richardson@nbed.nb.ca">Melissa.Richardson@nbed.nb.ca</a>
Kori Springer	Resource: <a href="mailto:Kori.Springer@nbed.nb.ca">Kori.Springer@nbed.nb.ca</a>
David Mahar	Guidance: <a href="mailto:David.Mahar@nbed.nb.ca">David.Mahar@nbed.nb.ca</a>
School	<a href="mailto:CentrevilleCommunity@nbed.nb.ca">CentrevilleCommunity@nbed.nb.ca</a>

In accordance with the communication sent from our Minister of Education, Dominic Carty, on April 2, 2020 Home learning opportunities to support literacy and numeracy outcomes will be made available online weekly by Teachers.

Families encouraged to:

- Support their children to complete the options below for an average of **one hour per day**.
- Read aloud with their children daily; and
- Consider daily physical activity and free play as an important part of their child's mental health and skill development.

### Description of Learning Activities

#### Monday- Movement to Music

Take 30 minutes and try to perfect these 3 dances from different cultures!

<https://www.bbc.co.uk/bitesize/topics/zpfkxs/resources/1>



## Tuesday: Fitness Challenge

- Throw a Frisbee to a target. Hit the target 15 times before rotating to the next station?
- 10 Push ups
- Throw bean bags (socks) into a laundry basket or corn hole set. Set challenges for yourself.
- 10 jumping jacks
- Walk the tight rope using a jump rope or garden hose. If you fall off, you have to start again!
- 15 Squats
- “Army crawl” from one cone (bottle) to another and back 5 meters apart
- 30 second plank
- Bowling: Using half-filled water bottles, arrange them in the shape of a triangle. Using a heavier ball, try to knock down all the bottles.
- 10 squat jumps

Cool Down....Run through the sprinkler (this is good for the finale!)

## Wellness Wednesday

**Take your family on a 30 minute walk and challenge yourself and family members to jog from one telephone pole to another, or driveway to drive way every now and then.**



Thursday: Shadow Ball

# **BUZZER BEATER (BASKETBALL)**

## **Game Set-up:**

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you’re going to pantomime basketball skills with your partner.

## **Bronze Medal Challenge:**

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble the ball 5 times and pass it to your partner — that’s 1 point!
- Your partner will catch the ball, dribble 5 times, and pass it back to you — that’s another point!
- You have 60 seconds. Ready, go!

## **Silver Medal Challenge:**

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Perform 5 cross over dribbles, wrap the ball around your waist, and pass it to your partner — that’s 1 point!
- You cannot use the same type of pass 2 times in a row.
- You have 60 seconds. Ready, go!

## **Gold Medal Challenge:**

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble and juke a defender, then hit a fade away jump shot — that’s 1 point!
- You have 60 seconds. Ready, go!

## **For Giggles & Grins:**

1. Make up your own Buzzer Beater challenge using a combination of basketball skills (shooting, dribbling, passing, etc.).
2. Take the game winning shot! Have your partner be the buzzer and count down: “5, 4, 3, 2, 1, errrrrrrrrrrrrrrrrrrr.” Hit the game winning shot at the buzzer in slow motion and celebrate like crazy (while staying 6 feet apart).
3. Get in a group of 4–6, standing 6 feet apart. Pass the ball around, Harlem Globetrotters style. Ask your instructor to play the song “Sweet Georgia Brown.”

# Fitness Friday

Watch the following video. Write a brief journal about how this video may have inspired you. Then go out and do something that will be a step in the right direction towards a dream you may have. Keep a written record of your progress.

<https://www.youtube.com/watch?v=EUuF8nkV-HA>

## Bonus:

For those of you looking to really challenge yourselves, and increase your physical fitness level, here is a program designed specifically for middle school students. The link at the bottom provides additional resources as well.

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop my cardiorespiratory endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.
Academic Language for Today	<b>ACTIVE LIFESTYLE</b> A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	<b>FITNESS</b> The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	<b>ENDURANCE</b> The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	<b>MUSCULAR STRENGTH</b> The maximum amount of force a muscle can produce in a single effort.	<b>DYNAMIC STRETCHING</b> An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.
Warm-up	<a href="#">RPS Victory Lap</a>	<a href="#">RPS Victory Lap</a>	<a href="#">RPS Victory Lap</a>	<a href="#">RPS Victory Lap</a>	<a href="#">RPS Victory Lap</a>
OPEN Home Activity	<a href="#">Fitness Knowledge</a> Today you're going to complete a series of 1-Minute Fitness Challenges. <a href="#">1 Minute Fitness Challenges Card</a>	<a href="#">AMRAP</a> This is AMRAP Teamwork. Complete each AMRAP station. You will identify the related components of fitness. <a href="#">AMRAP Cards</a>	<a href="#">Cupid Fitness Capacity</a> This is Cupid Fitness Shuffle. Complete the Cupid Shuffle using fitness movements in order to feel our body's physiological response. <a href="#">Cupid's Fitness Capacity</a>	<a href="#">Planking Hockey</a> Score points by rolling the ball between your opponent's hands. <a href="#">Full Activity Plan</a>	<a href="#">Fitness Knowledge</a> It's time to continue working on our flexibility and balance with Unplugged from Darebee.com. <a href="#">Unplugged Workout</a>
Daily Fitness Activity	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
Mindfulness	Sun Salutation #1 Follow the car to perform with family. <a href="#">Sun Salutation #1</a>	Sun Salutation #2 Follow the car to perform with family. <a href="#">Sun Salutation #2</a>	Sun Salutation #3 Follow the car to perform with family. <a href="#">Sun Salutation #3</a>	Sun Salutation #4 Follow the car to perform with family. <a href="#">Sun Salutation #4</a>	Sun Salutation Follow the car to perform with family. <a href="#">Full Sun Salutation</a>
Assessment(s)	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>

<https://openphased.org/wp-content/uploads/2020/03/AX-XMS-HomeMapGrades6-8-FinalPacket.pdf>