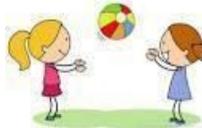


Fun Fitness Activities

Grade 4-6

Fun Fitness Activities are things that you can do if you don't have access to sports equipment at home. We have provided you with ideas to help achieve a minimum of 30 minutes physical activity every day. Huffing & puffing on a daily basis is good for our health & wellbeing! Links to websites are provided here for your convenience by clicking on the highlighted text in blue.

Huff & Puff activities that you can do at home without a plan	Ride a Bike 	Trampoline 	Hoola 	Ball Play 	Skipping 	Ride your Scooter 
<p>Fitness Circuit Watch the following videos and use the exercises to create a fitness circuit. Perform each exercise for 20 seconds, followed by 20 seconds of rest. Complete the circuit 2 times. Listen and watch each video carefully to make sure you perform each exercise correctly.</p> <ol style="list-style-type: none"> Toe reaches Ski hops Mountain climbs Pistol squats Bench dips Squat and push 	<p>Skipping Continue to develop your skills in skipping. Remember to think about the success criteria discussed in class and see how long you can skip without stopping to build your fitness. Get creative with some skipping tricks too!</p>		<p>Endurance Fitness For the next 2 weeks focus on improving your endurance when riding your bike. Start with 10 or more minutes and gradually lengthen this over the weeks to 15, 20 or 30 minutes.</p>			
	<p>Yoga Complete this 10-minute standing yoga sequence with Adriene. Learn to refresh your body and mind so that you can focus and do your best during remote learning.</p>	<p>Frisbee Continue to practice your frisbee throwing and catching skills with a family member. Remember to think about the success criteria discussed in class.</p>	<p>HomeCourt App (for use on iPad/iPhone) An HomeCourt app uses the camera on your device to turn sports training into a live action video game! The free version gives you access to basic drills for shooting, ball-handling and agility for sports like basketball and soccer. Test out some of the activities and drills and try to improve your skills. (*make sure you speak to a family member before you download an app to your device*)</p>	<p>PE at Home Try a PB time challenge, or challenge a family member when participating in these fitness games.</p> <ul style="list-style-type: none"> - Move Up Bowling - Toy Towel Relay - Overhand Sock Ball - Sock Shot Sit-Ups 		