

# JUNE 2020

# DAILY PHYSICAL ACTIVITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>1</b> <b>Block Walk:</b> with a partner, each pick a colour to count as you walk along, see who wins! (no green,	<b>2</b> <b>Ninja:</b> move around your house sneaky, silent! Practice, jump, roll, and tiptoe	<b>3</b> <b>Pan Flip:</b> Use a frying pan to toss a pair of socks in the air. How many can you get in a row?	<b>4</b> <b>Jump Rope:</b> How many jumps can you get today?	<b>5</b> <b>Dance Party:</b> Pick a song and dance to the very end! Can you still floss? 😊	<b>6/7</b>
notes					
<b>8</b> <b>Fast Feet:</b> put some shoes in a line, see how many times you can jump over and back in 60 seconds.	<b>9</b> <b>Soccer:</b> Find any ball and kick it to a partner or against the fence! 15 min goal	<b>10</b> <b>Ninja:</b> move around your house sneaky, silent! Practice your jump, roll, and tiptoe skills	<b>11</b> <b>Block Walk:</b> with a partner, each pick a colour to count, see who wins! (no green, no grey)	<b>12</b> <b>Cartwheel:</b> can you do a cartwheel? Let's try. Can you do two? Today is a great day to learn...on the grass.	<b>13/14</b>
notes					
<b>15</b> <b>Shout it:</b> in your yard, shout out all the things you can see. GRASS! TREE! Who is the loudest? Don't forget to laugh.	<b>16</b> <b>Jump Rope:</b> How many jumps can you get today?	<b>17</b> <b>Dance Party:</b> Pick a song and dance to the very end!	<b>18</b> <b>Pan Flip:</b> Use a frying pan to toss a pair of socks in the air. How many can you get in a row?	<b>19</b> <b>Jump:</b> anytime your family says JUMP, you must! 3 times.	<b>20/21</b>
notes					
<b>22</b> <b>Ninja:</b> move around your house sneaky, silent! Practice, jump, roll, and tiptoe	<b>23</b> <b>Block Walk:</b> with a partner, each pick a colour to count, see who wins! (no green, no grey)	<b>24</b> Last Day for Kindergarten! Dance Party!! Dance for 5 minutes or more	<b>25</b> Last day for 1-5 Students! Dance Party!! 15 min or more	<b>26</b>	<b>27/28</b>
notes					

## Students and Parents:

Use this in the way that is most helpful to you. These daily physical activity ideas could really be done in any order. You can swap one out for another activity your family was planning to do or something you like better. Some activities need adult supervision, such as walks around the block. I would love to see emails or pictures! Don't be afraid to email me: [cheryl.mcintyre@lethsd.ab.ca](mailto:cheryl.mcintyre@lethsd.ab.ca) or to check out my Teacher Webpage on our school website for daily videos.

Mrs. McIntyre